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Tuesday



Iran's Ahmadinejad, left, greets Talabani.

Courting Iran: Talabani asks for help quelling Iraq violence | 9

Spy Mystery: U.K. tracking radioactive sites in London | 11



Point Taken:
Strawberry's move from PG has sparked the Terps' revival | 15

ENTERTAINMENT

Real Dawg:

Rapper *Pitbull's* bite matches his bark. Plus, the place where Web sites go to die.

>> 19-24

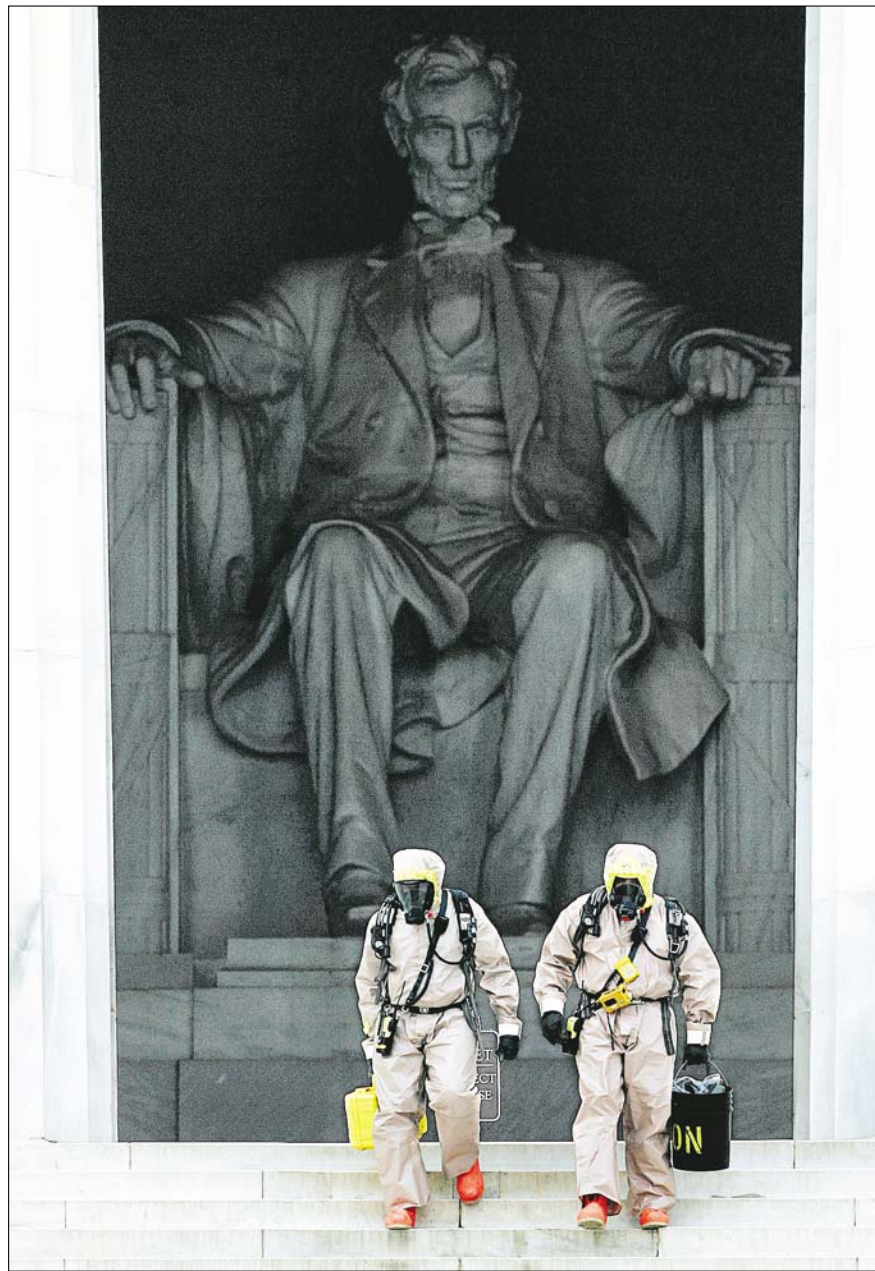


Weather >> Partly Sunny



66 | 46

FULL FORECAST ON PAGE 34



GERALD HERBERT/AP

Memorial Reopens After Scare

FALSE ALARM: Hazmat personnel walk down the steps of the Lincoln Memorial on Monday after closing the monument in response to a report of suspicious items. The fire department determined the materials — a Gatorade bottle, a coffee cup and an envelope with the questions "Do you know what anthrax is?" and "Do you know what a bomb is?" written on it — were harmless.

Mayor on Shooting: Excessive

Bloomberg questions use of force in fatal police barrage

NEW YORK | Mayor Michael Bloomberg weighed in Monday on the uproar over a deadly police shooting, saying officers appeared to use excessive force when they fired 50 shots at an unarmed man in a confrontation outside a strip club hours before his wedding.

"I can tell you that it is to me unacceptable or inexplicable how you can have 50-odd shots fired, but that's up to the investigation to find out what really happened," Bloomberg said at a news conference after meeting with elected officials and community leaders.



Bloomberg

Police fired an estimated 50 rounds at the groom, Sean Bell, 23, and two other unarmed men in a car early Saturday.

"There is no evidence that they were doing anything wrong," Bloomberg said.

For a mayor to question the officers' actions and defend the shooting victims — while reaching out immediately to the grieving community — set a decidedly different tone than in the past. Former Mayor Rudy Giuliani was criticized for what some saw as a slow response to the killing of Amadou Diallo, an unarmed immigrant from Guinea who was shot 19 times by four white officers in the Bronx. They were later acquitted of criminal charges.

Bloomberg remained steadfast in his support for Police Commissioner Raymond Kelly, who has been denounced by some community leaders. SARA KUGLER (AP)

SHORTCUTS | Track Man A driver took a wrong turn and headed down a subway tunnel in Porto, Portugal, on Monday. The driver, who was alone in his vehicle, veered down a ramp set aside for emergency vehicles during the morning commute.

WRONG WAY

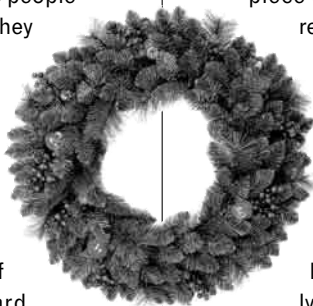
He then drove about 550 yards on the tracks, forcing operators to halt trains in the tunnels, the company that runs the network said. Emergency services later towed the vehicle out of the tunnel. Officials are investigating. (EXPRESS) **EyeOpeners** | Page 2

eyeOpeners

SEASON'S GREETINGS

So Much for Peace on Earth

In Pagosa Springs, Colo., homeowners are debating whether a Christmas wreath that includes a peace sign is an anti-Iraq war protest or even a promotion of Satan. "Some people have kids in Iraq and they are sensitive," said Bob Kearns, president of the Loma Linda Homeowners Association. He also said some believe it is a symbol of Satan. Jeff Heitz, of the association board, sent a letter to Lisa Jensen saying: "Loma Linda residents are offended by the peace sign displayed on the front of your house. ... This Board will not allow any signs, flags, etc. that can be considered divisive." (AP)



EVIDENCE

Oh, Well — Guess You're Sober After All

A Yokkaichi, Japan, man who was pulled over Friday and given a breathalyzer test under suspicion of drunken driving was arrested after he ate the piece of paper with the test results, the Mainichi Daily News reported. Hiroki Ito was talking with police after taking the test when he suddenly ripped a printout of his breathalyzer test results and swallowed it. The breathalyzer, however, had saved the data. Ito was charged with destroying an official document and for drunken driving, officials said. "I thought I could destroy the evidence by swallowing the paper," he later told police. (EXPRESS)



BRUNO VINCENT/GETTY IMAGES

WARM RODS

Knit Rider

Your grandmother always spends months fiddling with mounds of yarn to create your Christmas present. But to avoid receiving a sweater this year, you might want to start dropping hints about how you need a sports car. Then maybe she'll make you a Ferrari, like this one in a London showroom gallery on Monday. OK, so it's just a replica — an entirely knitted full-size one supported by a steel frame. The artwork was advertised as part of a promotion, but has resulted in Ferrari fans leaving after finding out it wasn't a real car. (EXPRESS)



How can school officials be certain evil teddy bears won't endanger teachers?

THREATS

Can't Risk Real Teddy Bear Attacks

Two students in Knightstown, Ind., are suing to be allowed to return to Knightstown High School after they and two other students were expelled for making a movie titled "The Teddy Bear Master," in which evil teddy bears attack a teacher. The two students are asking a judge to order them reinstated, arguing that school officials overreacted to a film parody. (AP)

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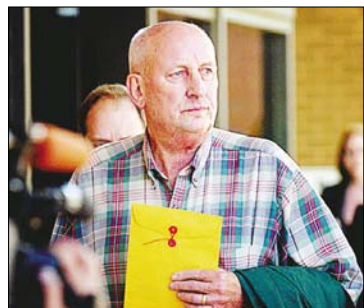
The George Washington University is an Equal Opportunity/Affirmative Action Institution.

SEATTLE'S WORST: Seattle, known for its frequent drizzle, is close to breaking its own wet record. On Sunday, .8 inches of chilly rain fell there — giving the city a near record 15.08 inches for November. Seattle's monthly record is 15.33 inches.



Nation

In Brief



Former Henry County Sheriff H. Franklin Cassell leaves court on Monday.

ROANOKE, VA.

Ex-Sheriff Pleads Not Guilty In Plot to Sell Seized Drugs

A former sheriff pleaded not guilty Monday to federal charges that he took part with 12 former and current officers in a scheme to sell drugs seized from criminals. Former sheriff H. Franklin Cassell was arraigned in U.S. District Court along with two Henry County sheriff's deputies and a captain, all of whom pleaded not guilty in the racketeering conspiracy. (AP)

HUNTSVILLE, ALA.

Injured Students Attend Funeral of Bus Crash Victim

Parents, teachers and students, some on crutches, limping or with cuts and bruises, attended the funeral on Monday for 17-year-old Crystal Renee McCrary, who was among four students killed when the school bus they were on plunged off a highway overpass last week. Huntsville schools observed a moment of silence at 10:10 a.m., the moment of the Nov. 20 crash. (AP)

Justice Dept. Eyes Spying Program

Democrats criticize review for not looking into policy's legality

WASHINGTON | The Justice Department has begun an internal investigation into its handling of information gathered in the government's domestic spying program.

However, Democrats criticized the review as not going far enough to determine whether the program violates federal law.

The inquiry by Glenn A. Fine, the department's inspector general, will

focus on the role of Justice prosecutors and agents in carrying out the warrantless surveillance program run by the National Security Agency.

Fine's investigation is not expected to address whether the controversial program is an unconstitutional expansion of presidential power, as its critics and a federal judge in Detroit have charged.

"After conducting initial inquiries into the program, we have decided to open a program review that will examine the department's controls and use of information related to the program," Fine wrote

in a letter dated Monday to House and Senate leaders.

The review also will look at "the department's compliance with legal requirements governing the program," according to the letter obtained by the Associated Press.



Fine

Justice Department spokesman Brian Roehrka said the agency welcomes the review: "We expect that this review will assist Justice Depart-

ment personnel in ensuring that the department's activities comply with the legal requirements that govern the operation of the program."

Fine's letter outlining his review was welcomed by congressional Democrats. At the same time, they said it falls short of examining issues at the heart of the debate — how the spying program evolved, and whether its creation violated any laws.

"A full investigation into the program as a whole, not just the DOJ's involvement, will be necessary," said Rep. Zoe Lofgren, D-Calif. LARA JAKES JORDAN (AP)

CHRISTMAS TREES | ST. NICK CAN'T BE FAR BEHIND



LIGHTS-OUT PERFORMANCE: Workers raise the Capitol Christmas tree — a 65-foot-tall Pacific Silver Fir from Washington state — into place on Monday. The annual tree-lighting ceremony is scheduled for Dec. 6.

Justices Debate Pay Discrimination Case

High court to decide how to apply deadline challenging fair rates

WASHINGTON | Employees must complain about pay discrimination within six months or forfeit their claim, the Supreme Court was told Monday in a case closely watched by companies and civil rights groups.

Justices engaged in a lively, but inconclusive debate over how to apply a 180-day deadline for complaining about discriminatory pay decisions under Title VII of the federal Civil Rights Act of 1964.

Lilly Ledbetter sued Goodyear

Tire & Rubber Co., claiming that after 19 years at the company's Gadsden, Ala., plant, she was making \$6,000 a year less than the lowest-paid man in the same job. She said the disparity was primarily a result of her gender. A jury agreed, but an appeals court overturned the verdict.

Applying the deadline to decisions made years ago makes no sense in a situation in which the disparity grew over time, Justice Ruth Bader Ginsburg said. Early on, "there is no reason to think there is going to be this inequality," she said. But Chief Justice John Roberts was skeptical employees could "challenge the discrimination 15 years later." (AP)

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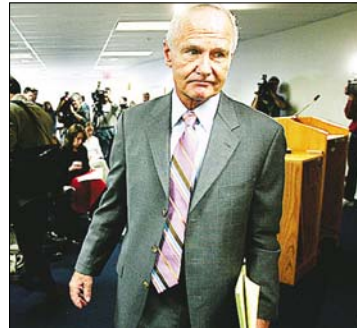
AND THE WINNER IS ... Ohio Republican Rep. Deborah Pryce won re-election over Democrat Mary Jo Kilroy on Monday by a margin so slim — 1,055 votes — that a recount will be required.

Mass. to Sue Companies Over Big Dig

Fatal tunnel collapse
a result of negligence,
attorney general says

BOSTON | The state attorney general said Monday he will sue the companies that worked on the most expensive highway project in United States history, claiming their negligence led to the collapse of a tunnel's concrete ceiling that killed a woman from Costa Rica in July.

Attorney General Tom Reilly said he would seek unspecified damages for repairs, loss of tunnel use and toll revenue, and other economic factors in a lawsuit to be filed Tuesday.



Massachusetts Attorney General Tom Reilly will sue Big Dig firms on Tuesday.

Reilly said 15 firms involved in the management, design, construction or oversight of the Interstate 90 downtown tunnel would

be named in the lawsuit, but only one — project manager Bechtel/Parsons Brinckerhoff — would face the more serious claim of gross negligence.

The firm knew early on about problems with the system used to secure the 4,500-pound concrete ceiling panels, but it still turned over the tunnel to the Massachusetts Turnpike Authority in 2003 without warning of the "potentially dangerous situation," Reilly said.

A criminal investigation is ongoing, and a grand jury will decide whether charges as severe as manslaughter will be brought, he said.

DENNIS LAVOIE (AP)

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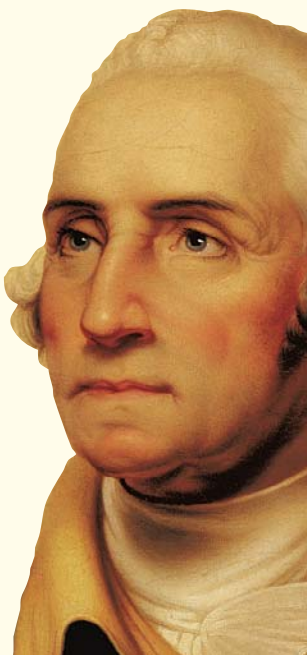
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Nation



People are tended to after a fire destroyed a group home for the mentally ill in Missouri on Monday. The early morning blaze killed 10 and injured two dozen others.

10 Killed in Mo. Group Home Fire

24 injured; governor says blaze is being treated as a crime

ANDERSON, MO. | An early morning fire broke out in a group home for the elderly and mentally ill Monday, killing 10 people and injuring two dozen others in a blaze that the governor said was being treated as a crime.

The blaze reduced the privately run Anderson Guest House to a skeleton of cinder blocks and stunned this rural community of about 1,800 people tucked in the Ozark hills of southwest Missouri.

Gov. Matt Blunt said investigators were treating the fire as suspicious.

"We're not saying it is definitely a crime scene, but we are treating it as if it is and trying to determine if the fire was set by somebody who had a nefarious motive," Blunt said.

The home had 32 residents and two employees inside when the fire was reported around 1 a.m. The dead ranged in age from early 20s to elderly. Another 18 people were taken to hospitals, and six were treated at the scene, authorities said.

One of the dead was a worker in the home, and the other nine were residents, Blunt said. Authorities did not plan to release names until relatives were notified.

Officials refused to say how the victims died or whether they had any warning of the flames. The home had fire alarms but no sprinklers.

Neighbor Steven Spears, 47, saw the blaze erupt through security cameras posted outside his home. "I saw the front door blow open with fire," Spears said. "I know most of them [the residents]. It still hasn't hit me." MARCUS KABEL (AP)

City Seeks Guard Help Through June

NEW ORLEANS | The New Orleans police chief, reeling from the deaths of six people over the holiday weekend, said Monday he would ask the governor to keep National Guard troops in the city past the end of the year, when their mission to help patrol hurricane-

damaged neighborhoods was supposed to end.

Warren Riley planned to ask that the Guard military auxiliary stay through June. Soldiers began patrolling New Orleans neighborhoods last June after five teenagers were killed in a shooting. (AP)

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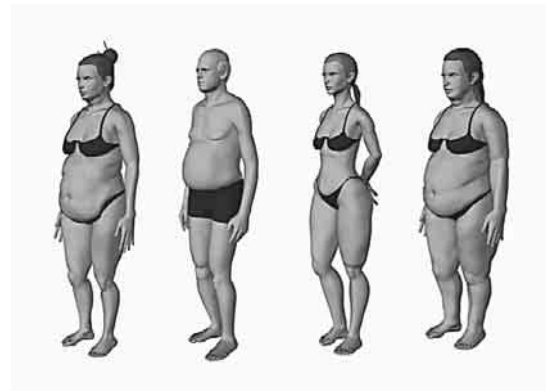
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CALLING PLAN: A bill for \$97,000 was racked up on a cell phone stolen from the Scottish Parliament after it was used to enter competitions on premium rate phone lines, officials said Monday. The phone apparently went missing in January 2004.

World

In Brief



The deadly H5N1 virus began ravaging poultry stocks in Asia in late 2003.

SEOUL, SOUTH KOREA

Cats, Dogs to Be Culled In Effort to Prevent Bird Flu

South Korea plans to kill cats and dogs to try to prevent the spread of bird flu after an outbreak of the deadly H5N1 virus at a chicken farm last week, officials said Monday. Animal health experts, however, suggested it was "a bit of an extreme measure" when there was no scientific evidence to suggest that cats or dogs could pass the virus to humans. Quarantine officials have already killed 125,000 chickens near the outbreak site in Iksan, the Agriculture Ministry said. (AP)

KINSHASA, CONGO

Court Rejects Charges of Fraud in Landmark Election

The supreme court ruled Monday that charges of vote fraud in the presidential elections were without foundation, ending a major legal challenge to Congo's first multiparty balloting since independence from Belgium in 1960. Interim President Joseph Kabila won the landmark Oct. 29 runoff with 58 percent of votes, compared with about 42 percent for former rebel leader Jean-Pierre Bemba, according to the tally confirmed by the court. Bemba had challenged the results in court, saying that the vote was invalidated by systematic cheating. (AP)

Focus on Afghanistan

→ President Bush will seek fresh troops and equipment for the fight in Afghanistan when he sits down with NATO allies to review the state of the dangerous mission there, senior U.S. officials say. | **Today, AI**

IN The Washington Post

Israeli PM Makes Appeal for Peace

Olmert offers new incentives to rekindle talks with Palestinians

JERUSALEM | Prime Minister Ehud Olmert reached out to the Palestinians on Monday in one of his most conciliatory speeches yet, saying he was prepared to grant them a state, release desperately needed funds and free prisoners if they choose the path of peace.

Olmert's remarks sealed a dramatic policy shift and built on a day-old truce meant to end five months of violence in the Gaza Strip, but new rocket attacks by Palestinian militants threatened the latest rapprochement.

"We cannot change the past and we will not be able to bring back the victims on both sides of the borders," Olmert said. "All that we can do today is stop additional tragedies."



NEW TURN: Israeli leader Ehud Olmert said Palestinians would have to renounce violence in exchange for Israeli concessions.

Olmert appealed to the Palestinians to form a new, moderate Cabinet committed to carrying out a U.S.-backed peace plan and securing the release of a captured Israeli soldier.

Once such a government was established, Olmert said, he would call for an immediate meeting with

the moderate Palestinian president, Mahmoud Abbas, "to have a real, open, honest, serious dialogue between us."

Palestinian legislator Saeb Erekat, a top Abbas aide, said the Palestinians were ready to negotiate a final peace deal.

But the Palestinian Cabinet, led

by Hamas militants who reject Israel's right to exist, accused Olmert of posturing.

"This is a conspiracy. This is a new maneuver. Olmert is speaking about the Palestinian state without giving details about the borders," said Ghazi Hamad, a government spokesman. AMY TEIBEL (AP)

Iraqis Move to Bolster Ties With Iran

Talabani travels to Tehran to seek help in improving security

BAGHDAD, IRAQ | Iraq's president turned to Iran on Monday for help to stem bloodshed in Iraq, and Iraqi officials said talks this week between President Bush and Prime Minister Nouri al-Maliki will focus on giving Iraqis more control so U.S. forces can withdraw.

"We are in dire need of Iran's help in establishing security and stability in Iraq," Iran's state-run television quoted Iraqi President Jalal Talabani as saying after he met with Iranian President Mahmoud Ahmadinejad in Tehran.

Looking ahead to the Bush-Maliki summit in Amman, Jordan, the Iraqi side sees the talks as the most important between leaders of the two countries since the ouster of Saddam Hussein, according to the two top officials with knowledge of planning for the Wednesday-Thursday meeting.

Iraqi officials believe the sum-



Iraqi President Jalal Talabani, left, shakes hands with Iranian President Mahmoud Ahmadinejad in Tehran Monday. Talabani said Iraq is in "dire need" of Iran's help.

mit will deal with giving Iraqi forces more control over security. The Iraqi officials said they expected al-Maliki would brief Bush on the outcome of Talabani's meetings in Iran.

The meeting between Talabani and Ahmadinejad, which was delayed for two days because of a security clampdown in Iraq, provided Tehran an opportunity to try to assert its role as the top regional

power broker and counter Washington's influence on Baghdad.

During their talks, Ahmadinejad pledged Tehran's support in helping to improve security in Iraq.

"Definitely, the Iranian government and nation will stand next to its brother Iraq and will do every help it can to strengthen security in Iraq," state-run television quoted him as saying. (AP)

NBC News Calls Conflict in Iraq a Civil War

NEW YORK | NBC News has begun referring to the Iraq conflict as a civil war, adopting a phrase that President Bush and many other news organizations have avoided.

Matt Lauer said on the "Today" show Monday that "NBC News has decided that a change in terminology is warranted, that the situation in Iraq with armed militarized factions fighting for their own political agendas can now be characterized as civil war."

The network's cable news outlet, MSNBC, drummed the point home by using the phrase "Iraq: The Civil War" on the screen.

The Bush administration said Monday that it does not believe Iraq is in a civil war, and that Iraqi Prime Minister Nouri al-Maliki does not, either. "You have not yet had a situation also where you have two clearly defined and opposing groups vying not only for power, but for territory," White House press secretary Tony Snow said. (AP)

World



NEW NEWS: The first privately owned English language daily, the Palestine Times, was launched in the West Bank and Gaza on Monday, with its editors aiming to provide news about the region to English speakers abroad. The 12-page newspaper will have an initial circulation of 5,000.

A Tricky Stop on Pope's Turkish Trip

Pontiff will tread on 'sensitive ground' on visit to Hagia Sophia

ISTANBUL, TURKEY | No moment of Pope Benedict XVI's upcoming trip may be more closely watched than his walk through the majestic Hagia Sophia, a domed complex whose history spans Istanbul's stormy evolution from Christianity to Islam.

It's not the homage to early Christianity that has many Turks on edge. It's how Benedict could choose to pay his respects on Thursday — near the end of a four-day visit that begins Tuesday.

Any gesture perceived as worship — even as simple as making sign of the cross — could be viewed as a serious affront by his hosts and undermine the Vatican's attempts to rebuild goodwill with Turkey as a bridge to other Muslims nations.

Hagia Sophia — “Holy Wisdom” in Greek — rose from the ruins of an earlier church in the 6th century and now holds 15 centuries of reli-



ANCIENT SITE: A security guard keeps watch at the Hagia Sophia museum in Istanbul, Turkey. Religious worship is prohibited in the historic religious and political site.

gious and political history under its massive central dome.

It was the architectural and spiritual marvel of Christian Byzantium until the city — then known as Constantinople — fell to Muslim forces in 1453. Christian symbols were defaced and it became one of the most renowned mosques of the expanding Ottoman Empire.

In 1935, it again was transformed — this time into the Ayasofya museum during the secular reforms of Mustafa Kemal Ataturk. Religious services are prohibited and Benedict's visit is considered by Turkish officials as only sightseeing.

An open act of piety by the pontiff would likely enrage powerful Turkish nationalists, who hold sway over the political and military establishment, as a perceived signal of Christian claims to the site and a challenge to Turkish sovereignty.

“The pope is treading on very sensitive ground as soon as he enters Hagia Sophia,” said Dogu Ergil, a professor of social and religious trends at Ankara University. (AP)

Study: AIDS Set To Become No. 3 Cause of Death

LONDON | Within the next 25 years, AIDS is set to join heart disease and stroke as the top three causes of death worldwide, according to a study published online Monday.

When global mortality projections were last calculated a decade ago, researchers had assumed the number of AIDS cases would be declining. Instead, it's on the rise.

Currently ranked fourth behind heart disease, stroke, and respiratory infections, AIDS is set to become No. 3, say researchers in a new report in the Public Library of Science's Medicine journal. It accounts for about 2.8 million deaths every year. But the researchers estimate a total of nearly 120 million people could die in the next 25 years.

Overall, the researchers predict that the causes of mortality will prove strikingly similar worldwide — apart from the prevalence of AIDS in poorer countries. Most people will be dying of diseases like heart disease, stroke and cancer. (AP)

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World

Radiation Traces Found in London

3 people tested for poisoning in wake of ex-Russian spy's death

LONDON | The British government appealed for calm Monday as scientists discovered more traces of radiation and three people who reported symptoms were being tested for the deadly radioactive poison that killed former Russian spy Alexander Litvinenko.

The government announced a formal inquest into his death and Home Secretary John Reid, in a special address to the House of Commons, warned against rushing to conclusions about who might be responsible for the death of the 43-year-old former KGB agent turned Kremlin critic. He died after falling ill from what doctors said was polonium-210 poisoning.

The substance is deadly if ingested or inhaled. Reid said the tests on the three people were only a precau-



Police search an office in London on Monday as part of the poisoning probe.

tion. High doses of polonium-210 — a rare radioactive element — were found in Litvinenko's body.

Sites where traces of radiation were found included a bar in London's Millennium Hotel and a branch of Itsu Sushi restaurant near Piccadilly Circus.

London's Metropolitan Police said they were investigating the case as a "suspicious death" rather than murder. They have not ruled out the possibility that Litvinenko may have poisoned himself. (AP)



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Research Study Trying to Improve Depressive Symptoms Quickly

Several medications are effective for treating depression; however, they take weeks or months to achieve their full effects. NIMH is studying whether a drug can cause a rapid antidepressant effect in patients with bipolar or unipolar depression. The study also tries to see if it can sustain the results with another medication in certain patients. Understanding how this works may help us understand depression and design better antidepressants. NIMH is seeking people ages 18-65 with depression (unipolar or bipolar) who are:

- Free of other serious medical conditions
- Willing to participate in a minimum of a 12-day inpatient stay

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Money



12 DAZE: The cost of "The Twelve Days of Christmas" is on the rise. Buying each item in the song just once — from a partridge in a pear tree to a dozen drummers drumming — will cost you \$18,920, or 3.1 percent more than last year, according to PNC Financial Services Group.

Stocks Drop Over Shaky Sales Data

Investors uneasy as Wal-Mart reports a decline, dollar slides

NEW YORK | Wall Street had its worst day in more than four months Monday as the dollar weakened and concerns about the strength of the retail industry arose following a rare sales decline at Wal-Mart Stores Inc. The Dow Jones industrials fell 158 points.

Investors were uneasy after the dollar fell and after Wal-Mart, the world's largest retailer, reported a 0.1 percent drop in same-store sales, those from stores open at least a year. Same-store sales are the industry standard for assessing a retailer's strength, and while overall retail sales appeared strong last weekend, Wal-Mart's first deficit in a decade raised concerns about the strength of consumer spending during the holiday season.

"There is now significant concern that the holiday retail season is going to underperform," said Gregory Miller, chief economist at SunTrust Banks. "Traffic doesn't necessarily translate into profits," he said, referring to reports of crowded stores over the weekend.

As the dollar's slide continued, it hit a 20-month low against the euro, though it did for a time move higher against the Japanese yen. The dollar's fall raised concerns that foreign investors were sensing weakness in the U.S. economy.

Regardless of the pace of retail sales, however, stocks have posted strong gains in October and November, making Monday's retreat unsurprising.

"A little bit of profit-taking is healthy at this point," said Jim Russell, director of core equity strategy for Fifth-Third Asset Management. "The market went up a little bit too far, too fast." TIM PARADIS (AP)

Ford Plans to Get \$18B in Financing

DETROIT | Ford Motor Co. said Monday it plans to get about \$18 billion in financing to help fund its restructuring and make up for anticipated losses in its automotive operations over the next two years.

The No. 2 U.S. automaker

also said the financing — with its domestic plants and other automotive assets used as collateral — will help protect against a recession or other unanticipated events.

Analysts said it makes the possibility of Ford selling its finance

arm less likely but could support bigger restructuring efforts.

The announcement prompted downgrades on Ford's debt rating.

Ford spokeswoman Becky Sanch said it was the first time the company had used assets such as plants to secure financing. (AP)

Market Action

New York Stock Exchange

Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
RexStrs	18.00	+1.73	+10.6
Mediast	12.27	+0.65	+5.6
HorizLns	26.75	+1.11	+4.3
Sparton	8.55	+0.31	+3.8
CitizInc	6.70	+0.24	+3.7

Losers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
ScottishRe	5.85	-0.78	-11.8
DoverDGs	13.01	-1.53	-10.5
MarineP	10.55	-1.02	-8.8
BenchElec	24.40	-2.20	-8.3
Pier 1	6.50	-0.58	-8.2

NASDAQ Stock Market

Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
Conolgrs	4.96	+3.65	+278.6
TargGenrs	5.87	+2.03	+52.9
PointrTel	19.30	+4.14	+27.3
Spherix	2.15	+0.36	+20.1
Iomai n	5.02	-0.05	-1.1

Losers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
WorldSpace	4.58	-0.76	-14.2
SonicFdy	3.56	-0.52	-12.7
IbisTech	2.44	-0.35	-12.5
Luminex	12.12	-1.64	-11.9
AmMold n	2.38	-0.31	-11.5

Rates

	CURRENT	PREVIOUS WEEK
Prime Rate	8.25	8.25
Fed Funds close	5.25	5.25
3-month disc	4.91	4.96
2-year	4.72	4.77
10-year	4.53	4.60
30-year	4.61	4.69

Currency (Dollars in foreign currency)

	TODAY	PREVIOUS DAY	YEAR AGO
British Pound	.5162	.5175	.5834
Canadian Dollar	1.1324	1.1344	1.1691
European Euro	.7617	.7634	.8530
Japanese Yen	116.08	115.79	119.58
Mexican Peso	11.0846	11.0232	10.5920
Taiwanese Dollar	32.73	32.79	33.55

DOW	NASDAQ	S&P 500
-158.46	-54.34	-19.05
-1.29	-2.21	-1.36
12121.71	2405.92	1381.90

Biotech Stocks

STOCK	LAST	DAILY CHANGE	YEAR TO DATE PERCENT CHANGE
Amgen	71.88	-.62	-8.9
Amylin	41.14	+.10	+3.1
BiogenIdc	51.09	-.42	+12.8
Celgene s	54.35	-.80	+67.7
ChRvLab	41.27	-1.22	-2.6
GenProbe	49.10	-1.17	+.6
Genentch	80.04	-.55	-13.5
Genzyme	64.27	-.90	-9.2
GileadSci	65.20	-.95	+24.0
Imclone	30.51	-.54	-10.9
Invitrogn	55.63	-.73	-16.5
MedImun	32.59	-.21	-6.9
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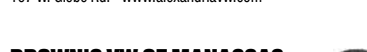
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7

The number of years in prison the co-founder of the Financial Warfare Club was sentenced to for mail fraud and money laundering. Teresa Hodge of Upper Marlboro, Md., must also repay \$1.35 million fraudulently taken from members of black churches.

Local



Five religious leaders gather at Washington's Ronald Reagan National Airport on Monday to stage a "pray-in" in response to a US Airways racial profiling incident.

Religious Leaders Hold Anti-Profilings 'Pray-In'

Group gathers at D.C. airport to protest US Airways incident

WASHINGTON | Imams, ministers and a rabbi staged a "pray-in" Monday at Ronald Reagan Washington National Airport and demanded an apology from US Airways for barring six Muslims from a Minneapolis, Minn., to Phoenix flight last week.

The religious leaders called for an end to racial profiling, saying it was unacceptable in America.

"These things are troubling to us," said Mahdi Bray, executive director of the Muslim American Society Freedom Foundation. "Driving while black, flying while Muslim, traveling with a Torah or getting with Jesus."

Imam Omar Shahin, one of the six imams detained last Monday at the Minneapolis-St. Paul International Airport, said they hadn't done anything suspicious.

The imams, who were returning from a religious conference, had prayed on their prayer rugs in the airport before the flight. After they boarded the flight, a passenger, who was alarmed by their activity, passed a note to a flight attendant. The men were taken off the airplane, handcuffed and questioned.

"It was the worst moment in my life," Shahin said.

US Airways spokeswoman Andrea Rader said prayer was never the issue. "As they were boarding, one passenger overheard them saying what they thought were anti-U.S. statements," Rader said. (AP)

Transit Hub Work Begins

Md. center, named for Sarbanes, to integrate local rail and bus lines

SILVER SPRING, MD. | Retiring U.S. Sen. Paul S. Sarbanes joined county and state officials Monday to break ground for a \$75 million transit center that will bear his name.

The center, supported by nearly \$54 million in federal funds and in the works since 1980, is designed

to better integrate the various rail and bus lines that serve the Silver Spring Metro station, a transit hub 57,000 riders use each day. County officials expect that number to rise to 97,000 by 2020.

"As the centerpiece of a broader redevelopment effort, it will draw people to Silver Spring and make the city a more attractive place to live and to do business," Sarbanes, a Democrat, said at the future construction site near the station.

The center will put Metrorail and Metrobus services, county buses, MARC commuter rail and intercity bus service under one roof. Officials said it would make it easier to transfer among the services and will improve pedestrian safety.

The project also includes plans for a hotel and two residential towers with retail space.

The center will have space for a proposed Bi-County Transitway, known as the "Purple Line." (AP)

UMd. Planning \$500M Development

COLLEGE PARK, MD. | The University of Maryland plans to lease 36 acres of land for a new development that could eventually feature housing, shopping, restaurants and a hotel.

The university plans to select a developer in February to complete the estimated \$500 million project, the largest such undertaking in the school's history, just east of U.S. Route 1 near the College Park

Metro station. There are five proposals under consideration.

The development is expected to expand options for housing, shopping and dining in the town. Maryland will retain the land, meaning it is expected to have a significant say in the final outcome of the project.

"Everything that's around the university has to be at a certain level that's expected at a world-class insti-

tution," said University of Maryland President C. Daniel Mote Jr. "Frankly, the region around the university is not quite there. I think everybody would agree to that."

The university has asked for proposals that include a hotel, child-care center and a national chain bookstore. The center is meant to be a draw for older students and workers from the nearby M Square research park under construction. (AP)

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• Felt your life was in danger?

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The Lotteries

Monday, November 27

DISTRICT

Mid-day Lucky Numbers 1-3-6
Evening Lucky Numbers 7-6-1
Mid-day DC 4 4-8-7-5
Evening DC 4 8-3-6-9
Rolling Cash Five 34-7-23-15-3
Daily 6 26-30-32-3-38-31 (39)

MARYLAND

Mid-day Pick 3 0-8-4
Evening Pick 3 5-0-7
Mid-day Pick 4 0-3-2-0
Evening Pick 4 7-8-8-8
Match 5 2-7-9-17-29 (20)

VIRGINIA

Mid-day Pick 3 7-0-3
Mid-day Pick 4 0-8-6-6
Mid-day Cash 5 3-18-21-26-31

All winning numbers are official only when validated at a lottery ticket location or a lottery claims office. Drawings that occur after Express's deadline will be published two days later.

Sports



KICKED TO THE CURB: The Cowboys released struggling kicker Mike Vanderjagt on Monday and signed Martin Gramatica to replace him. In other, unrelated, news, Redskins coach Joe Gibbs said he hadn't ruled out trying out kickers to replace struggling Nick Novak.

Swengali

REDSKINS | BY MATT SWENSON

Heads Will Roll After This Year

THIS JUST IN: Gregg Williams is arrogant. Like we needed an ESPN.com article to tell us that.

Don't get me wrong: Kudos to reporter Tom Friend for getting an anonymous player to say Williams "thinks he invented the wheel" and for unearthing some juicy details about this failed Redskins season.

That's great stuff, as is the guessing game as to who that player was. But the motive for speaking to Friend may be more interesting than anything in the article.

A reporter with Friend's credentials isn't going to write one word based on a disgruntled player's (initials A.A. anyone?) quotes. Others spoke, probably from the front office,

Williams looks like he has a bull's-eye on his sweater-vest.

and it looks like a least a few people are positioning themselves not to be the fall guy for the season.

And Williams looks like he has a bull's-eye on his sweater-vest. Until Sunday's victory, this year's defense has been about as reliable as a cell phone battery (both need to be recharged after about an hour).

Before the defense's sudden regression, Williams was clearly the heir apparent to coach Joe Gibbs.

Maybe a certain Napoleonic owner is having second thoughts about that arrangement and decided to sell his resident defensive genius down the river.

Even after a win, something stinks at Redskins Park. Heads will roll after the season. Hopefully, those left standing won't have strained their necks too badly stabbing the fallen in the back.

@ To reach Matt Swenson, e-mail matt.swenson@readexpress.com

Redskins D Is Caught Making Plays

For whatever reason, unit has its 1st good game of the season

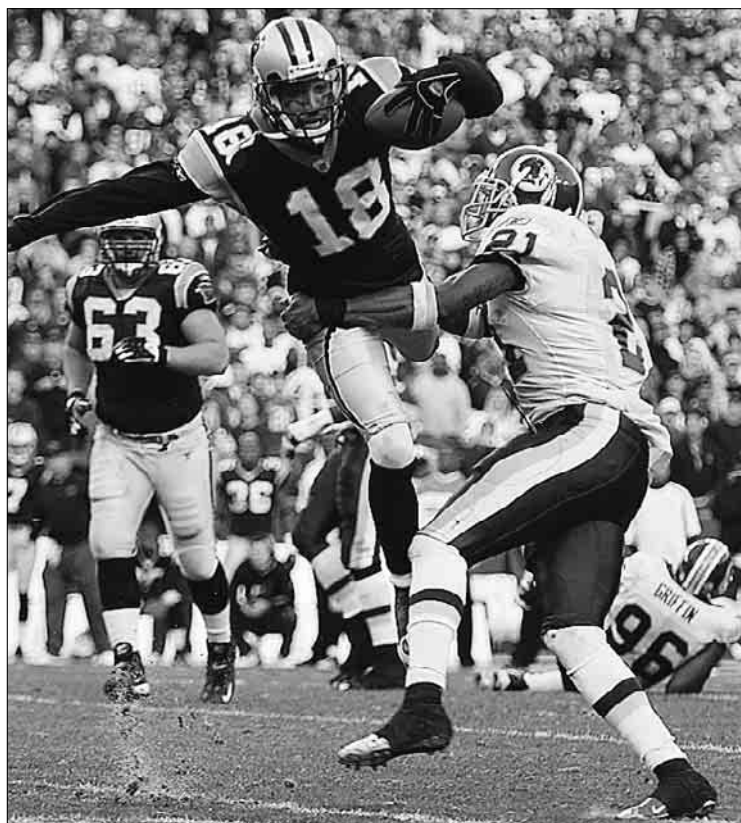
REDSKINS | Vernon Fox intercepted Jake Delhomme's first pass, and Sean Taylor picked off the last one. From start to finish, the Washington Redskins' defense finally played its first good game of the season.

"I don't know why it took so long," defensive tackle Cornelius Griffin said Monday. "But guys finally came together and played team ball."

Some players credited coach Joe Gibbs for setting the tone with a forceful speech. Others were motivated by a magazine article in which an anonymous player launched searing attacks against assistant coach Gregg Williams. And Williams did his part by tinkering with the game plan before Sunday's 17-13 win.

Still, it was hard to believe the stark difference in the level of play after 10 poor outings.

Carlos Rogers tipped away a pass



Redskins safety Sean Taylor makes an open-field tackle on Carolina WR Drew Carter on a fourth-down play during the fourth quarter. Taylor also had an interception.

for Keyshawn Johnson in the end zone, then broke up a deep pass in the fourth quarter. Taylor made an open-field, fourth-down tackle on the drive before his game-clinching interception. Fox's interception was his first since 2002. Shawn Springs held Steve Smith to a season-low 34 yards receiving.

For the first time all season, the other team didn't have a pass play of 20 yards or more — the Redskins

Bandwagon Time?

→ It seems ridiculous, but the Redskins have an outside shot at a playoff run in the horrid NFC. Of course, it's not going to be easy. What must happen? | **Today, Sports**

IN The Washington Post

have allowed a league-high 41 — and the team's league-low tally in forced turnovers is up to nine. The defense is no longer ranked last in the NFC, having moved ahead of Arizona.

"The question is now: Can we do that more than one week?" Gibbs said Monday. **JOSEPH WHITE (AP)**

QB Vick Apologizes For Obscene Gesture

The frustrated Falcons star says his mistake won't happen again

FOOTBALL | Michael Vick's frustrations with fading playoff hopes and unexpected insults from home fans caused him to flash an obscene hand gesture on Sunday.

Vick, who apologized in a written statement late Sunday for making the gesture toward fans with both hands following the crushing 31-13 loss to New Orleans, vowed on Monday to never make the same mistake.

"I would have never thought that six years into my career I would ever do something like that," Vick said. "It will never happen again. Never."

Vick rushed for 166 yards in the loss, only 7 yards shy of his NFL record for a game by a quarterback.



Atlanta quarterback Michael Vick ran for 166 yards in Sunday's tough loss.

But his efforts couldn't make up for an otherwise dismal performance that included at least five dropped passes and breakdowns in the secondary and on the offensive line.

The Falcons have fallen from first to third in the NFC South and now face road games at Washington and Tampa Bay. **(AP)**

O's Sign RP Baez To a \$19M Deal

ORIOLES | One frustrating year in the National League was enough for right-hander Danys Baez.

The free agent reliever signed a \$19 million, three-year contract with the Baltimore Orioles on Monday after passing a physical.

Baez broke into the majors with Cleveland in 2001. He played three seasons for the Indians, then spent two years with Tampa Bay before

splitting time this year between the Los Angeles Dodgers and Atlanta Braves.

He went 5-6 with nine saves and a 4.53 ERA in 2006. His season — and rocky stint in the NL — ended on Aug. 26 after an emergency appendectomy.

"No. 1, I wanted to play for a team in the American League," Baez, 29, said Monday at Camden Yards. "I also wanted to be back on the East Coast. And they gave me a very good deal."

DAVID GINSBURG (AP)

TODAY'S TV LINEUP

WIZARDS (7 P.M. ON COMCAST) Neither team is above .500, but when the Wizards host the Hawks, they'll be looking up at a Southeast division rival that is two games ahead of them.

CAPITALS (7:30 P.M. ON NEWS CHANNEL 8) The slipping Capitals travel to Tampa Bay to take on a Southeast Division rival that is up five points on them.

TERPS HOOPS (7 P.M. ON ESPN) Trying to

do their share to help the ACC defeat the Big Ten, still-undefeated Maryland plays at Illinois.

COLLEGE BASKETBALL (7:30 P.M. ON ESPN2, 9 P.M. ON ESPN, 9:30 P.M. ON ESPN2) It's a full slate of college action. Florida State travels to Wisconsin, Indiana plays at Duke and Northwestern hosts Miami, all as part of the ACC/Big Ten Challenge.

BRUIN GOOD: UCLA is No. 1 in The Associated Press college basketball poll, a position it has occupied more than any other school. This is UCLA's 129th poll with a No. 1 ranking, 19 more than runner-up Duke. The last time the Bruins were No. 1 was the final poll of the 1994-95 season.



Sports

Terps' D.J. Enjoys Being off the Ball

Move from PG to the wing has produced results for Strawberry

TERPS HOOPS | D.J. Strawberry has been off point all season, and that's a beautiful thing for the Maryland Terrapins.

The arrival of two freshman point guards has meant the 6-foot-5 senior, who last season subjugated his ego and assumed the role of primary ball handler, has returned to his more natural position out on the wing.

So that's him moving without the ball and flashing open underneath the basket. And that's him circling around a pick to drain a 3-pointer. And that's him leading the team in scoring on offense and in steals on defense, another specialty of his.

And though he's no longer running the point, he's still second on the team with four assists per game.

"It's allowed me to move around more, use my ability to get to the bucket more," said the senior, who



D.J. Strawberry, left, drives on Winthrop's Torrell Martin during a game last week. The senior guard leads the team in scoring and steals and is second in assists.

will lead the Terrapins against Illinois tonight in the ACC-Big 10 Challenge. "I've just got to play my game out there, roaming around looking for open shots and looking for ways

to create for my teammates."

Thus far, Strawberry has tied his career high with 19 points on three occasions. He tied his career high of eight rebounds once. In the

season opener, he set a career high with five steals, only to best it the next game with six.

"The biggest thing is, if he's got to take the toughest offensive player every night, not having to handle the ball all the time gives him more energy for that role of playing a defensive stopper," coach Gary Williams said. "That's very hard to do."

No Magic in D.C.

→ The Wizards are just a game behind the also-struggling Heat, but after four straight losses, what they need is a win, not consolation from Miami. | **Today, Sports**

IN The Washington Post

With Strawberry's role better defined, so, too, are the roles of the other four players on the court. And that's shown in the Terrapins' 7-0 start.

"We're bringing an intensity and an energy every night," he said. "The young guys are feeding off of it and we're having success. But you never know, it's still early." **DEREK TURNER**

Alabama's Shula Fired After 6-6 2006 Season

COLLEGE FOOTBALL | Alabama coach Mike Shula was fired after a 6-6 season that ended with three straight losses, including a defeat by state rival Auburn.

Athletic director Mal Moore said Monday that defensive coordinator Joe Kines would serve as interim head coach.

Shula, a former Alabama quarterback, led the Crimson Tide to a 10-2 season last year and a Cotton Bowl victory. But his teams were winless in four tries against Auburn.

Shula said he was "deeply disappointed" by Moore's decision.

"From my very first day on this job, I had a single mission: to return the Crimson Tide to its place among the elite programs in college football," he said in a statement.

JOHN ZENOR (AP)



Shula



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BEST DEFENSE: Italian soccer player Fabio Cannavaro won the Golden Ball award on Monday, the first defender in 10 years (and third defender ever) selected as Europe's best player. He finished with 173 points in the poll of 52 journalists, just ahead of Gianluigi Buffon (124) and Thierry Henry (121).



Sports

HEISMAN HOPEFULS | COLLEGE GRIDIRON GREATS



1. Ohio State's **Troy Smith** might as well buy his plane ticket to New York. The quarterback for the nation's No. 1 team has thrown 30 touchdowns and just five picks. 2. Arkansas RB **Darren McFadden** is just a sophomore, but he impressed everyone with 182 yards and two scores in a loss to LSU. He's already being called next year's Reggie Bush. 3. **Brady Quinn** (QB, Notre Dame) didn't have a horrible game against USC (22 for 45 for 274 yards and three TDs). But he needed a big game against a good team to impress voters, and he blew a lot of opportunities. 4. Hawaii QB **Colt Brennan** has thrown for 4,589 yards and 51 TDs while completing 71.9 percent of his passes. Who cares who he's playing? 5. Michigan's junior RB **Mike Hart** can only sit and wait to see whether his 1,515 yards and 14 touchdowns will get him to New York.

Giants' Plagues Go Deep

New York has plenty of blame to go around after recent meltdown

FOOTBALL | Yes, the New York Giants have been hurt by injuries to key players.

Their meltdown in Tennessee on Sunday, when they dominated for three quarters, then blew a 21-point lead in the fourth, stemmed from deeper problems.

Because responsibility flows from the top down, blame general manager Ernie Accorsi for assembling talented but egocentric players. Blame coach Tom Coughlin for staying with an authoritarian style that might just be out of date.

On the field, the problems start with Eli Manning, whose slide in the last four games has been precipitous: from 14 touchdowns and eight interceptions and a 61 percent completion percentage in the first



Eli Manning, left, talks with Tom Coughlin during Sunday's loss to the Titans.

seven games to three TDs and seven INTs (52.7 percent) in the last four, including the pick with 23 seconds left on Sunday that led to Rob Bironas' winning field goal.

When he wants to be, Plaxico

Burress has the talent to be one of the NFL's top receivers. But he drops the ball too much, openly demonstrates when he doesn't get the ball, and sometimes dogs it.

His negatives are exacerbated with Amani Toomer, the No. 2 receiver on injured reserve.

It's not a coincidence that in the first seven games, when Toomer was healthy, so were Manning's stats. Toomer was Eli's security blanket and New York's No. 1 wideout before Burress arrived.

His injury left Manning with Burress plus Shockey and Barber as outlet receivers. The other two wideouts, David Tyree and Tim Carter, have combined for just 11 catches for 110 yards and no TDs in the last four games.

But good teams overcome injuries. As do good coaches.

And you don't win Super Bowls blowing 21-point leads in 9 1/2 minutes. DAVE GOLDBERG (AP)

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RAW OLD POWER: Iggy Pop told Billboard the Stooges have completed their first new album in 33 years. Recorded with Steve Albini, the 16-track CD is scheduled to be released in March 2007, just a few weeks before Pop's 60th birthday.



Entertainment

A Rapper With Bite

Pitbull sharpens his teeth on his second CD, 'El Mariel'

MUSIC | Sitting in the back of a dark South Beach club, surrounded by some of Miami's biggest bouncers and bustiest booty shakers, the Miami rapper Pitbull riffs on a myriad of issues as he promotes his second CD, "El Mariel."

The Cuban-American routinely mixes Spanish and English, using a healthy amount of curse words in both languages but still coming across as friendly and genuine.

"I don't try to sugarcoat [stuff]," he says.

Tutored by Miami rap king Luther Campbell and assisted by Atlanta crunk master Lil' Jon, Pitbull's music talks street life, women, family and the drug world. His rhythms are formed by bass-heavy beats reminiscent of '80s "booty" music, plus more up-to-date hip-hop licks and Latin sounds.

His new CD also combines introspection with party music. It's titled "El Mariel" in remembrance of the more than 100,000 Cubans who left the Fidel Castro-controlled Cuba in 1980 aboard boats bound for the United States. He chose the title because he can relate to the struggles Mariel Cubans faced. They survived



MESS WITH THE 'BULL, YOU GET THE HORNS: The title of Pitbull's second CD, "El Mariel," references the more than 100,000 Cubans who fled Castro in the '80s.

in their new country despite dealing with language barriers, culture shock and a bad reputation stemming from a relatively small group of criminals that came to the United States in the boatlift.

"A lot of doors was closed for Pitbull just like they were closed for Marielitos," said the rapper, who struggled before getting his break in the late 1990s. "I'm just here to prove everybody wrong and let them know that my cause is a good one at the end of the day and I've got a message. My message is to unify everything that's going on with the Latinos and the blacks and everything."

Pitbull, whose real name is Armando Perez, grew up separated from his father, living with his mother in urban Miami, then living with a foster family in Georgia before returning home. Sometimes he hit the streets to make money.

"I always had a lot of discipline — my discipline was I jumped in the street, got the money I needed to get, and jumped right back out," he said. "I'd come home and tell my mother, 'Hey we got the rent paid for six months,' but my money was never to go spend on bull----."

He says he also educated himself in the process. "I came from nothing and until the day I die I'll act like I came from nothing," he said.

ADRIAN SAINZ (AP)



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FOURGOODMEN Big Minds

FourGoodMen could have been called FourOtherMen, because while the group includes members of 1980s superstars Simple Minds and Big Country, it doesn't feature the guys you might know. But you will be familiar with the group's type of music — anthemic, atmospheric rock — as well as the many songs FourGoodMen cover from their other great groups ("In a Big Country," "Don't You Forget About Me").

→ *Jammin' Java*, 227 Maple Ave. E., Vienna, Va.; 8 p.m., \$18. 703-255-1566.

DALE PETERSON Jane Goodall's Vision



2 "Jane Goodall: The Woman Who Redefined Man" is a new study of the primate queen's findings. Author Dale

Peterson, a close associate of Goodall, will read and sign the book.

→ *Olsson's Books & Records-Dupont Circle*, 1307 19th St. NW; 7 p.m., free. 202-785-1133. (Dupont Circle)

DOCS IN PROGRESS Feedback Loop

3 This bimonthly film series features documentarians screening their work to the public and then asking for suggestions and opinions about the unfinished movies.

→ *Jack Morton Auditorium, GW University*, 805 21st St. NW; 7 p.m., \$5; 240-505-8696, docsinprogress.org. (Foggy Bottom-GWU)

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The 'Wayback Machine'

Archive.org is saving everything it can get its digital hands on

INTERNET | The Internet generally has complete disregard for keeping records or charting its past. Once a Web site it gone, it seems to disappear into the digital ether.

But with its "Wayback Machine," Archive.org seeks to bring posterity to the Web by archiving Web sites with the help of Alexa Inter-

net, a search service that records Web traffic and features a "crawler" tool to capture pages.

A message on Archive.org says that with the large amount of public records and information moving online, Internet libraries have become necessary to maintain the public's "right to remember":

"The Internet Archive is working to prevent the Internet — a new medium with major historical significance — and other 'born-digital' materials from disappear-



FROM THE GRAVE: "Nosferatu" is one of many cool things Archive.org saved.

ing into the past."

The nonprofit site, which has logged more than 55 billion Web pages, was founded by Brewster Kahle in 1996 and collaborates with the Library of Congress and the Smithsonian. It doesn't index sites that are password-protected or blocked to the public.

Though the amount of text recorded by Archive.org is greater than the collection of the Library of Congress, the site also stores live music (especially Grateful Dead shows), old video and movies that have passed into public domain, such as 1922's "Nosferatu" and the 1949 noir "D.O.A."

JAKE COYLE (AP)



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THE FOUNTAIN (PG13) / 12:35, 3:20, 5:55
TENACIOUS D IN THE PICK OF DESTINY (R) / 12:40, 3:25, 5:55, 8:35
CASINO ROYALE (PG13) 1:15, 2:15, 4:45, 5:45, 8:15, 9:15
HAPPY FEET (PG) 1:00, 1:45, 3:45, 4:30, 6:30, 7:15, 9:10, 10:00
LET'S GO TO PRISON (R) 12:50, 3:10, 5:40, 8:10, 10:25
LET'S GO TO PRISON (R) / 12:50, 3:10, 5:40, 8:10, 10:25
A GOOD YEAR (PG13) 2:25
STRANGER THAN FICTION (PG13) 12:15, 3:05, 5:50, 8:45
BORAT (R) 2:15, 4:35, 5:30, 7:05, 8:05, 9:35, 10:30
FLUSHED AWAY (PG) 1:40, 4:10, 6:45, 9:05
THE SANTA CLAUSE 3: THE ESCAPE CLAUSE (G) 2:00, 4:45, 7:30, 9:55
SAW III (R) 2:30, 5:35, 8:20
THE PRESTIGE (PG13) 1:25, 4:20, 7:20, 10:10
THE DEPARTED (R) 1:05, 4:30, 8:00
AMC SELECT
BOBBY (R) / 1:50, 4:55, 7:50, 10:30
FOR YOUR CONSIDERATION (PG13) / 1:35, 4:15, 7:00, 9:20
THE QUEEN (PG13) 2:05, 4:55, 7:40, 10:20

AMC SPRINGFIELD MALL 10
 Loisdale and Franconia Road
 703-971-3991

DECK THE HALLS (PG) / 1:50, 4:30, 8:30
DEJA VU (PG13) / 1:40, 4:50, 8:15
TENACIOUS D IN THE PICK OF DESTINY (R) / 5:10, 8:30
CASINO ROYALE (PG13) 1:30, 4:40, 8:00
HAPPY FEET (PG) 2:00, 5:00, 8:45
LET'S GO TO PRISON (R) 5:00
STRANGER THAN FICTION (PG13) 4:50, 8:15
BORAT (R) 5:20, 8:45
FLUSHED AWAY (PG) 4:40, 8:00
THE SANTA CLAUSE 3: THE ESCAPE CLAUSE (G) 4:30, 7:45
THE DEPARTED (R) 7:30

AMC MAZZA GALLERIE
 Jenifer and Wisconsin
 202-537-9553

DECK THE HALLS (PG) / 3:00, 5:15, 7:30
DECK THE HALLS (PG) / 3:00, 5:15, 7:30
DEJA VU (PG13) / 2:15, 5:05, 8:00
TENACIOUS D IN THE PICK OF DESTINY (R) / 2:30, 4:50, 7:10
CASINO ROYALE (PG13) 1:45, 4:45, 7:45
HAPPY FEET (PG) 2:00, 4:30, 7:00
BORAT (R) 2:00, 7:40
AMC SELECT
BABEL (R) 1:30, 4:30, 7:30

LOEWS GEORGETOWN 14
 3111 K Street, N.W.
 202-342-6441

DEJA VU (PG13) / 1:15, 4:15, 7:15, 10:25
THE FOUNTAIN (PG13) / 12:50, 3:15, 5:40, 8:15, 10:50
THE FOUNTAIN (PG13) / 12:50, 3:15, 5:40, 8:15, 10:50
TENACIOUS D IN THE PICK OF DESTINY (R) / 2:10, 4:35, 7:00, 9:35
CASINO ROYALE (PG13) 12:00, 1:00, 3:10, 4:10, 6:30, 7:30, 10:00, 10:45
HAPPY FEET (PG) 12:10, 2:45, 5:25, 8:05, 10:45
STRANGER THAN FICTION (PG13) 2:25, 5:05, 7:50, 10:35
BORAT (R) 12:05, 1:20, 2:15, 3:30, 4:30, 5:45, 8:00, 10:15, 10:30
THE PRESTIGE (PG13) 3:45, 10:10
THE DEPARTED (R) 12:25, 6:50
AMC SELECT
BOBBY (R) / 1:55, 4:50, 7:45, 10:40
FOR YOUR CONSIDERATION (PG13) 12:30, 2:55, 5:10, 7:25, 9:40
BABEL (R) 12:35, 3:50, 7:05, 10:20
THE QUEEN (PG13) 12:00, 2:30, 5:00, 7:35, 10:05

LOEWS LEXINGTON PARK 6
 21882 FDR Boulevard
 301-862-5000

DECK THE HALLS (PG) 5:10, 7:45
DEJA VU (PG13) 5:30, 8:15
CASINO ROYALE (PG13) 5:00, 8:00
HAPPY FEET (PG) 5:55, 8:30
BORAT (R) 5:20, 7:30
THE SANTA CLAUSE 3: THE ESCAPE CLAUSE (G) 5:45, 8:45

AMC POTOMAC MILLS 18
 2700 Potomac Mills Circle, Ste 886
 703-998-4262

DECK THE HALLS (PG) / 2:00, 4:40, 7:00, 9:20
DEJA VU (PG13) / 1:15, 2:05, 4:20, 5:10, 7:20, 8:10, 10:20
THE FOUNTAIN (PG13) / 12:50, 3:10, 5:30, 7:55, 10:15
TENACIOUS D IN THE PICK OF DESTINY (R) / 2:20, 4:45, 7:05, 9:25
CASINO ROYALE (PG13) 1:10, 2:30, 4:15, 6:00, 7:45, 9:30
CASINO ROYALE (PG13) / 2:30, 6:00, 9:30
HAPPY FEET (PG) 1:00, 1:45, 3:45, 4:30, 6:30, 7:15, 9:10, 10:00
LET'S GO TO PRISON (R) 2:10, 7:40
A GOOD YEAR (PG13) 2:15, 5:05
STRANGER THAN FICTION (PG13) 1:30, 4:05, 6:55, 9:35
BORAT (R) 2:40, 4:50, 7:10, 8:05, 9:15, 10:15
FLUSHED AWAY (PG) 12:55, 3:05, 5:15, 7:35, 9:45
THE SANTA CLAUSE 3: THE ESCAPE CLAUSE (G) 1:20, 3:50, 6:25
THE PRESTIGE (PG13) 9:00 PM
THE DEPARTED (R) 4:25, 9:50
AMC SELECT
BOBBY (R) / 1:40, 4:35, 7:25, 10:10
FOR YOUR CONSIDERATION (PG13) / 12:45, 2:55, 5:20, 7:30, 9:40
BABEL (R) 1:50, 5:00, 8:15

AMC COLUMBIA MALL 14
 10300 Patuxent Parkway
 410-423-0520

DECK THE HALLS (PG) 2:35, 5:10, 7:30, 9:50
DEJA VU (PG13) 1:30, 2:55, 4:20, 5:45, 7:10, 8:35, 10:00
THE FOUNTAIN (PG13) 2:20, 4:40, 7:00, 9:20
THE FOUNTAIN (PG13) / 2:20, 4:40, 7:00, 9:20
TENACIOUS D IN THE PICK OF DESTINY (R) 1:50, 4:10, 6:30, 8:50
CASINO ROYALE (PG13) 2:45, 6:10, 9:25
HAPPY FEET (PG) 2:15, 4:50, 7:25, 10:05
LET'S GO TO PRISON (R) 10:10 PM
STRANGER THAN FICTION (PG13) 1:40, 4:05, 6:45, 9:15
BORAT (R) 2:00, 4:15, 6:50, 9:05
FLUSHED AWAY (PG) 1:55, 4:00, 6:05, 8:10
THE SANTA CLAUSE 3: THE ESCAPE CLAUSE (G) 2:10, 4:25, 6:40, 8:55
THE PRESTIGE (PG13) 6:20
THE DEPARTED (R) 3:05, 9:10
AMC SELECT
BOBBY (R) 1:45, 4:30, 7:05, 9:40
BABEL (R) 1:35, 4:35, 7:35

LOEWS FAIRFAX SQUARE 8
 8065 Leesburg Pike
 703-506-9857 802

THE FOUNTAIN (PG13) 4:50, 7:40
A GOOD YEAR (PG13) 4:10, 8:00
SAW III (R) 4:40, 7:30
FLAGS OF OUR FATHERS (R) 4:20, 7:20
THE PRESTIGE (PG13) 4:00, 7:00
QUIEN MATO A LA LLAMITA BLANCA? (NR-NOT RATED) 5:15, 7:45
AMC SELECT
MARIE ANTOINETTE (PG13) 4:10, 7:10

MAGIC JOHNSON CAPITAL CENTRE 12
 800 Shopper's Way, Largo
 301-324-4220

DECK THE HALLS (PG) 12:10, 2:10, 5:10, 7:40, 10:05
DEJA VU (PG13) 12:30, 1:00, 3:30, 4:00, 6:30, 7:00, 9:30, 10:00
THE FOUNTAIN (PG13) 1:55, 5:05, 7:35, 10:05
CASINO ROYALE (PG13) 12:35, 3:40, 6:50, 10:00
HAPPY FEET (PG) 1:15, 3:45, 6:35, 9:15
LET'S GO TO PRISON (R) 12:00, 2:20, 5:20, 7:50, 10:20
THE RETURN (PG13) 2:00, 7:10
BORAT (R) 12:50, 3:00, 5:15, 8:00, 10:10
FLUSHED AWAY (PG) 12:05, 2:05, 4:35, 7:25, 9:35
THE SANTA CLAUSE 3: THE ESCAPE CLAUSE (G) 12:15, 2:30, 5:00, 7:30, 9:50
SAW III (R) 4:40, 9:40
AMC SELECT
BOBBY (R) 1:35, 4:15, 7:15, 10:15

LOEWS DUPONT 5
 1350 19th St.
 1-800-FANDANGO #711

FAST FOOD NATION (R) 4:30, 4:50, 7:10
COPYING BEETHOVEN (PG13) 5:00, 7:40
FUR: AN IMAGINARY PORTRAIT OF DIANE ARBUS (R) 4:20, 7:00
THE ILLUSIONIST (PG13) 7:30
LITTLE MISS SUNSHINE (R) 4:40, 7:20

LOEWS UPTOWN 1
 3426 Connecticut Avenue N.W.
 1-800-FANDANGO #713

AMC SELECT
BOBBY (R) 2:00, 5:00, 8:00

AMC TYSONS CORNER 16
 7850 Tysons Corner Center
 703-998-4262

DECK THE HALLS (PG) / 12:40, 2:55, 5:15, 7:35, 9:55
DEJA VU (PG13) / 1:00, 2:15, 4:05, 5:10, 7:00, 8:00, 9:50, 10:45
DEJA VU (PG13) / 2:15, 5:10, 8:00, 10:45
TENACIOUS D IN THE PICK OF DESTINY (R) / 12:50, 3:10, 5:30, 7:50, 10:15
CASINO ROYALE (PG13) 1:10, 2:30, 4:25, 5:40, 7:40, 8:50, 10:45
HAPPY FEET (PG) 12:50, 2:10, 3:20, 4:40, 5:50, 7:10, 8:20, 9:45
LET'S GO TO PRISON (R) 10:40 PM
STRANGER THAN FICTION (PG13) 1:45, 4:50, 7:45, 10:25
BORAT (R) 12:55, 3:05, 5:25, 7:30, 9:35, 10:35
FLUSHED AWAY (PG) 1:05, 3:15, 5:20, 7:25, 9:40
THE SANTA CLAUSE 3: THE ESCAPE CLAUSE (G) 1:15, 3:30, 5:45, 8:05
THE DEPARTED (R) 12:40, 4:00, 7:10, 10:20
AMC SELECT
BOBBY (R) / 1:30, 4:15, 7:05, 10:10
FOR YOUR CONSIDERATION (PG13) / 12:45, 2:50, 5:05, 7:20, 9:30
BABEL (R) 1:00, 4:10, 7:15, 10:30

AMC RIVERTOWNE 12
 Exit 4A I-95, 1/2 mi. on Oxon Hill Rd.
 703-998-4AMC

DECK THE HALLS (PG) / 5:10, 8:10
DEJA VU (PG13) / 4:30, 5:00, 7:30, 8:00
CASINO ROYALE (PG13) 4:35, 7:35
HAPPY FEET (PG) 4:45, 7:25
LET'S GO TO PRISON (R) 5:20, 7:25
THE RETURN (PG13) 5:15, 7:45
FLUSHED AWAY (PG) 4:40, 7:00
THE SANTA CLAUSE 3: THE ESCAPE CLAUSE (G) 5:05, 7:50
SAW III (R) 5:30, 8:05
THE DEPARTED (R) 4:20, 7:30
AMC SELECT
BOBBY (R) / 4:50, 7:40

AMC COURTHOUSE PLAZA 8
 Courthouse and Birch Rd.
 703-998-4AMC

DEJA VU (PG13) / 4:00, 7:00, 10:00
THE FOUNTAIN (PG13) / 5:00, 7:15, 9:35
STRANGER THAN FICTION (PG13) 4:30, 7:05, 9:45
FLAGS OF OUR FATHERS (R) 4:10, 9:45
THE DEPARTED (R) 4:45, 8:00
AMC SELECT
BOBBY (R) / 4:15, 7:20, 10:10
FOR YOUR CONSIDERATION (PG13) / 4:50, 7:10, 9:20
BABEL (R) 4:20, 7:45
MARIE ANTOINETTE (PG13) 7:15

LOEWS SHIRLINGTON 7
 2772 South Randolph
 703-671-0910 801

THE FOUNTAIN (PG13) 1:30, 4:10, 7:10, 9:30
AMC SELECT
THE LAST KING OF SCOTLAND (R) 1:40, 4:20, 7:00, 9:40
FAST FOOD NATION (R) 1:50, 7:30
BABEL (R) 2:00, 5:00, 8:00
COPYING BEETHOVEN (PG13) 2:10, 4:40, 7:40, 9:50
FUR: AN IMAGINARY PORTRAIT OF DIANE ARBUS (R) 4:30, 10:00
THE QUEEN (PG13) 1:20, 3:50, 7:00, 9:10
LITTLE MISS SUNSHINE (R) 2:20, 4:50, 7:20, 9:20

AMC COUNTRY CLUB MALL 6
 Country Club Mall on Vocke Rd near Route 68.
 301-729-6633

DECK THE HALLS (PG) / 5:20, 7:45
DECK THE HALLS (PG) / 5:20, 7:45
CASINO ROYALE (PG13) / 5:00, 8:00
LET'S GO TO PRISON (R) / 5:40, 8:15
A GOOD YEAR (PG13) 5:10
FLUSHED AWAY (PG) 5:50, 8:00
THE SANTA CLAUSE 3: THE ESCAPE CLAUSE (G) 5:30, 8:15
FLAGS OF OUR FATHERS (R) 7:45

LOEWS WHITE FLINT 5
 North Bethesda
 1-800-FANDANGO #741

DEJA VU (PG13) 2:00, 4:35, 7:15
CASINO ROYALE (PG13) 3:10, 6:30
HAPPY FEET (PG) 2:00, 5:00, 7:15
BORAT (R) 2:10, 4:40, 7:25
AMC SELECT
BABEL (R) 3:00, 7:00

✓SPECIAL ENGAGEMENT No passes or discount coupons

CC - Closed Captioning - DV - Descriptive Video Service

REGAL ENTERTAINMENT GROUP

GALLERY PLACE STADIUM 14
701 Seventh St NW 800-FANDANGO 1721#

Adv. Tix on Sale THE NATIVITY STORY (PG) ★
Adv. Tix on Sale BLOOD DIAMOND (R) - ID REQ'D ★
Adv. Tix on Sale CHARLOTTE'S WEB (G) ★

DECK THE HALLS (PG) DIG (1210 240) 520 750 1020
BOBBY (R) - ID REQ'D DIG (100 420 740) 1035
DEJA VU (PG-13) DIG (1150 1240 130) 310 410 510 610 725 830 920 1030
TENACIOUS D IN: PICK OF DESTINY (R) - ID REQ'D DIG (1205 230) 500 730 955
CASINO ROYALE (PG-13) DIG (1200 1230) 315 400 620 720 935
HAPPY FEET (PG) DIG ★ (1155 235) 515 755 1020
STRANGER THAN FICTION (PG-13) DIG (120) 430 735 1020
OC & DA: BORAT (R) - ID REQ'D DIG (340 910)
FLUSHED AWAY (PG) DIG (1215 225) 500
BORAT (R) - ID REQ'D DIG (1220 250) 525 630 800 1010
SAW III (R) - ID REQ'D DIG (745 1040)
DEPARTED (R) - ID REQ'D DIG (1225) 345 700 1015

BALLSTON COMMON STADIUM 12
Glebe Rd, Arlington 800-FANDANGO 377#

Adv. Tix on Sale BLOOD DIAMOND (R) - ID REQ'D ★ (210 450)
TENACIOUS D IN: PICK OF DESTINY (R) - ID REQ'D DIG (735 1020)
DECK THE HALLS (PG) DIG (205 235 455 525) 725 940
LET'S GO TO PRISON (R) - ID REQ'D DIG (935)
CASINO ROYALE (PG-13) DIG (115 330 430) 645 715 745 1000 1030
HAPPY FEET (PG) DIG ★ (125 155 405 435) 700 730 940 1010
FLUSHED AWAY (PG) DIG (1235 250 505) 720
BORAT (R) - ID REQ'D DIG (230 445) 710 740 925 955
SANTA CLAUSE 3: THE ESCAPE CLAUSE (G) DIG (145 420) 655 930
THE QUEEN (PG-13) DIG (100 355) 640 915

BOWIE STADIUM 14
15200 Major Landsale Blvd 800-FANDANGO 454#

Adv. Tix on Sale THE NATIVITY STORY (PG) ★
Adv. Tix on Sale BLOOD DIAMOND (R) - ID REQ'D ★
Adv. Tix on Sale CHARLOTTE'S WEB (G) ★

DECK THE HALLS (PG) DIG (1220 300) 700 1015
BOBBY (R) - ID REQ'D DIG (1230 300) 800 1015
TENACIOUS D IN: PICK OF DESTINY (R) - ID REQ'D DIG (1230 300) 800 1015
DEJA VU (PG-13) DIG (1205 1245 115 315 400 415) 715 740 805 1025 1040
DECK THE HALLS (PG) DIG (1205 255) 710 950
LET'S GO TO PRISON (R) - ID REQ'D DIG (945)
HAPPY FEET (PG) DIG ★ (1135 1215 210 250 450 515) 730 810
STRANGER THAN FICTION (PG-13) DIG (1145 225 500) 750 1040
FLUSHED AWAY (PG) DIG (1130 200 430) 705
BORAT (R) - ID REQ'D DIG (1200 220 500) 805 1035
SANTA CLAUSE 3: THE ESCAPE CLAUSE (G) DIG (1130 205 445) 710 950
SAW III (R) - ID REQ'D DIG (1020)
CASINO ROYALE (PG-13) DIG (1140 1220 300 330) 700 750 1010 1050

BETHESDA 10
7272 Wisconsin Avenue 800-FANDANGO 569#

Adv. Tix on Sale THE NATIVITY STORY (PG) ★
Adv. Tix on Sale CHARLOTTE'S WEB (G) ★
TENACIOUS D IN: PICK OF DESTINY (R) - ID REQ'D DIG (1110 150 420) 720 1005
DECK THE HALLS (PG) DIG (1100 145 415) 705 945
CASINO ROYALE (PG-13) DIG (1115 1200 330 400) 700 740 1015
HAPPY FEET (PG) DIG ★ (1050 1120 130 200 410 440) 650 730 930
FLUSHED AWAY (PG) DIG (1130 140 355) 655
BORAT (R) - ID REQ'D DIG (1150 210 430) 750 950 1020
MARIE ANTOINETTE (PG-13) DIG (1010)

POTOMAC YARD STADIUM 16
3575 Jefferson Davis Hwy 800-FANDANGO 639#

Adv. Tix on Sale THE NATIVITY STORY (PG) ★
Adv. Tix on Sale BLOOD DIAMOND (R) - ID REQ'D ★
Adv. Tix on Sale CHARLOTTE'S WEB (G) ★

BOBBY (R) - ID REQ'D DIG (210 500) 750 1040
DEJA VU (PG-13) DIG (1215 1245 115 330 400 430) 645 715 745 955 1025
CASINO ROYALE (PG-13) DIG (1200 1230 100 315 345 415) 630 700 730 945 1015
TENACIOUS D IN: PICK OF DESTINY (R) - ID REQ'D DIG (1210 240 510) 740 1010
DECK THE HALLS (PG) DIG (220 450) 720 1000
FOR YOUR CONSIDERATION (PG-13) DIG (1220 235 520) 735 940
LET'S GO TO PRISON (R) - ID REQ'D DIG (910)
HAPPY FEET (PG) DIG ★ (1250 120 335 405) 620 710 950
STRANGER THAN FICTION (PG-13) DIG (110 355) 650 935
FLUSHED AWAY (PG) DIG (1205 225 435) 640
BORAT (R) - ID REQ'D DIG (1215 445) 705
OC & DA: BORAT (R) - ID REQ'D DIG (230) 930
SAW III (R) - ID REQ'D DIG (140)
THE PRESTIGE (PG-13) DIG (440) 800
DEPARTED (R) - ID REQ'D DIG

COUNTRYSIDE STADIUM 20
45980 Regal Plaza 800-FANDANGO 394#

Adv. Tix on Sale THE NATIVITY STORY (PG) ★
Adv. Tix on Sale BLOOD DIAMOND (R) - ID REQ'D ★
Adv. Tix on Sale CHARLOTTE'S WEB (G) ★

DEJA VU (PG-13) DIG (1240 140 240 400 500) 620 720 820 940 1030
DECK THE HALLS (PG) DIG (1250 110 210 310 340 450 550) 730 830 1010
BOBBY (R) - ID REQ'D DIG (100 440) 740 1020
THE FOUNTAIN (PG-13) DIG (230 515) 750 1015
CASINO ROYALE (PG-13) DIG (1220 120 350 510) 610 710 840 950
HAPPY FEET (PG) DIG ★ (1200 1230 130 300 330 410) 630 700 910
TENACIOUS D IN: PICK OF DESTINY (R) - ID REQ'D DIG (745 1005)
LET'S GO TO PRISON (R) - ID REQ'D DIG (915)
STRANGER THAN FICTION (PG-13) DIG (115 405) 645 930
BORAT (R) - ID REQ'D DIG (250) 715 810 945
OC & DA: BORAT (R) - ID REQ'D DIG (540) 1035
FLUSHED AWAY (PG) DIG (200 430) 640
SANTA CLAUSE 3: THE ESCAPE CLAUSE (G) DIG (150 420) 705
BABEL (R) - ID REQ'D DIG (1210 320) 650 1000
THE QUEEN (PG-13) DIG (1245 315) 625 945
THE PRESTIGE (PG-13) DIG (920)
DEPARTED (R) - ID REQ'D DIG (1025)

ROCKVILLE CENTER STADIUM 13
Rockville Town Center 800-FANDANGO 248#

Adv. Tix on Sale THE NATIVITY STORY (PG) ★
Adv. Tix on Sale BLOOD DIAMOND (R) - ID REQ'D ★
Adv. Tix on Sale CHARLOTTE'S WEB (G) ★

BOBBY (R) - ID REQ'D DIG (130 420) 710 1005
THE FOUNTAIN (PG-13) DIG (1200 220 450) 735 1010
TENACIOUS D IN: PICK OF DESTINY (R) - ID REQ'D DIG (1215 245 510) 740 1015
DEJA VU (PG-13) DIG (1100 115 200 415 515) 715 815 1020
DECK THE HALLS (PG) DIG (1200 215 430) 730 1000
LET'S GO TO PRISON (R) - ID REQ'D DIG (930)
CASINO ROYALE (PG-13) DIG (100 425) 725 800 1030
HAPPY FEET (PG) DIG ★ (1245 205 400 440) 700
STRANGER THAN FICTION (PG-13) DIG (130 445) 745 1030
FLUSHED AWAY (PG) DIG (1225 235 500) 720
BORAT (R) - ID REQ'D DIG (1220 240 455) 750 1005
SANTA CLAUSE 3: THE ESCAPE CLAUSE (G) DIG (210 505) 755 1035
BABEL (R) - ID REQ'D DIG (930)

FAIRFAX TOWNE CENTER 10
4110 W Ox Road 800-FANDANGO 670#

Adv. Tix on Sale THE NATIVITY STORY (PG) ★
Adv. Tix on Sale CHARLOTTE'S WEB (G) ★

DEJA VU (PG-13) DIG (1100 1140 1230 200 300 400 500) 645 730 800 950 1030
DECK THE HALLS (PG) DIG (1110 1200 145 230 420 510) 720 940
FOR YOUR CONSIDERATION (PG-13) DIG (1130 150 410) 740 1000
BORAT (R) - ID REQ'D DIG (1120 210 430) 710 750 930 1010
BABEL (R) - ID REQ'D DIG (1150 310) 850 1015
THE PRESTIGE (PG-13) DIG (1210 355) 715 1025
DEPARTED (R) - ID REQ'D DIG (1220 700)
LET'S GO TO PRISON (R) - ID REQ'D DIG (350) 1020

GERMANTOWN STADIUM 14
20000 Century Blvd 800-FANDANGO 455#

Adv. Tix on Sale THE NATIVITY STORY (PG) ★
Adv. Tix on Sale BLOOD DIAMOND (R) - ID REQ'D ★
Adv. Tix on Sale CHARLOTTE'S WEB (G) ★

DEJA VU (PG-13) DIG (1230 130 400 500) 715 800 1030
DECK THE HALLS (PG) DIG (130 420) 710 945
BOBBY (R) - ID REQ'D DIG (1220 345) 710 1020
TENACIOUS D IN: PICK OF DESTINY (R) - ID REQ'D DIG (1200 220 500) 730 1000
CASINO ROYALE (PG-13) DIG (1200 100 330 415) 700 745 1015
HAPPY FEET (PG) DIG ★ (1130 1200 200 245 430 515) 710 750 1030
THE FOUNTAIN (PG-13) DIG (1210 240 510) 740 1010
LET'S GO TO PRISON (R) - ID REQ'D DIG (1010)
STRANGER THAN FICTION (PG-13) DIG (1245 430) 715 1015
FLUSHED AWAY (PG) DIG (1130 150 415) 645
BORAT (R) - ID REQ'D DIG (1210 240 520) 800 1035
SANTA CLAUSE 3: THE ESCAPE CLAUSE (G) DIG (1135 210 445) 720 955
DEPARTED (R) - ID REQ'D DIG (950)

UA SNOWDEN SQ STADIUM 14
9161 Commerce Ctr Dr 800-FANDANGO 570#

Adv. Tix on Sale THE NATIVITY STORY (PG) ★
Adv. Tix on Sale BLOOD DIAMOND (R) - ID REQ'D ★
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THE FOUNTAIN (PG-13) DIG (130 420) 715 940
TENACIOUS D IN: PICK OF DESTINY (R) - ID REQ'D DIG (245 515) 815 1030
DEJA VU (PG-13) DIG (1200 100 345 445) 700 745 1010
DECK THE HALLS (PG) DIG (200 500) 730 1000
LET'S GO TO PRISON (R) - ID REQ'D DIG (915)
CASINO ROYALE (PG-13) DIG (1200 1245 330 415) 700 745 1015
HAPPY FEET (PG) DIG ★ (145 215 430) 800
STRANGER THAN FICTION (PG-13) DIG (100 400) 645 930
BORAT (R) - ID REQ'D DIG (215 445) 800 1025
FLUSHED AWAY (PG) DIG (200 430) 645
SANTA CLAUSE 3: THE ESCAPE CLAUSE (G) DIG (145 415) 715
DEPARTED (R) - ID REQ'D DIG (815)
OC: HAPPY FEET (PG) DIG ★ (500) 1030
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THE FOUNTAIN (PG-13) DIG (1205 225 455) 750 1010
TENACIOUS D IN: PICK OF DESTINY (R) - ID REQ'D DIG (1130 205 440) 745 1005
DEJA VU (PG-13) DIG (1140 1215 250 320) 645 730 940 1030
DECK THE HALLS (PG) DIG (1120 145 420) 725 945
LET'S GO TO PRISON (R) - ID REQ'D DIG (1015)
HAPPY FEET (PG) DIG ★ (1115 1200 155 310 435) 705 735 1010
STRANGER THAN FICTION (PG-13) DIG (1250 350) 640 935
THE RETURN (PG-13) DIG (950)
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BORAT (R) - ID REQ'D DIG (1220 245 500) 800 1020
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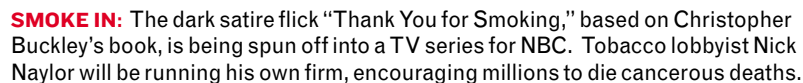
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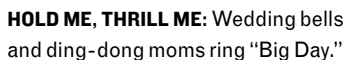
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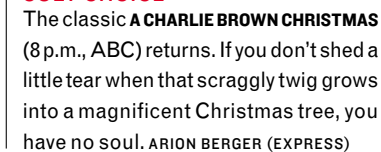
A minute-by-minute look at the day two people say, 'I do'

Tensions mount as Alice and her mother (Wendie Malick) fight over



"Big Day" moves at a quick pace and contains plenty of physical gags and awkward moments. Unfortunately, nearly every character is either selfish, rude or socially inept. Set against this eccentric cast, the bride and groom don't seem terribly interesting, making it difficult to care about their "Big Day." KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

Christmas in America is unique because there is such a wide variety of traditions. In **THE GREAT AMERICAN CHRISTMAS** (9 p.m., USA), six diverse groups talk about what



11:28.06		6:00 PM		6:30		7:00		7:30		8:00		8:30		9:00		9:30		10:00		10:30		11:00		11:30	
LOCAL CHANNELS	WRC	(4)	News			Nightly News		Access Hollywood		Friday Night Lights (N)				Law & Order: Criminal Intent (N)				Law & Order: Special Victims Unit (N)		News				Tonight Show	
	WTTG	(5)	Every-Raymond		The Simpsons		The Simpsons		Seinfeld		Standoff "Peer Group" (N)			House "Finding Judas" (N)				News		News				Geraldo at Large	
	WJLA	(7)	News		ABC Wild News		Wheel of Fortune		Jeopardy! (N)		A Charlie Brown Christmas			Big Day "Pilot"		Help Me Help You		Boston Legal "On the Ledge" (N)		News				(35) Nightline	
	WUSA	(9)	News		Evening News		9News Tonight		Entertainment		NCIS "Smoked" (N)			The Unit "Bait" (N)				3 Lbs. "Heart-Stopping" (N)		News				Late Show	
	WDCA	(20)	Scrubs		Scrubs		Judge Joe Brown		Judge Judy (N)		Desire Louis tries to get his life back.			Fashion House (N)				The Tyra Banks Show (N)		Still Standing				Still Standing	
	WMPT	(22)	The NewsHour With Jim Lehrer (N)		Business Rpt.		Outdoors Md.		Nova "Dogs and More Dogs"					Frontline (DVS)				African American Lives (Part 2 of 2)							
	WETA	(26)	BBC World News		Business Rpt.		The NewsHour With Jim Lehrer (N)		Nova "Dogs and More Dogs"					The Medic: Godfathers of the Renaissance						Charlie Rose (N)					
	WHUT	(32)	World Business		Tavis Smiley		BBC World News		Moneywise		Mystery! "Foyle's War III: A War of Nerves"			Frontier Visionary				BBC World News		Tavis Smiley		Charlie Rose (N)			
WDCW	(50)	My Wife and Kids		My Wife and Kids		Friends		Friends		Gilmore Girls "Knit, People, Knit" (N)			Veronica Mars "Spit & Eggs" (N)				Will & Grace		Will & Grace		Sex and the City		Sex and the City		
BASIC CABLE	A&E		Crossing Jordan "Most Likely"		CSI: Miami "Extreme"			CSI: Miami "Complications"		Bounty Hunter		Bounty Hunter		Dog the Bounty Hunter Wedding.				Dog the Bounty Hunter							
	Animal		The Crocodile Hunter		The Most Extreme "Diggers"			The Most Extreme "Troublemakers"		Close-Danger		Close-Danger		Animal Cops Houston "Baby Boom"				The Most Extreme "Troublemakers"							
	BET		106 & Park: BET's Top 10 Live		Beef: The Series			★★ "Next Friday" (2000, Comedy) Ice Cube, Mike Epps, Justin Pierce.					American Gangster				Jamie Foxx		Jamie Foxx						
	Bravo		Top Chef The field is narrowed down.		Top Chef Thanksgiving dinner.			★★★ "Apocalypse Now Redux" (2001, Drama) Marlon Brando, Martin Sheen, Robert Duvall. Francis Ford Coppola's re-edit of his 1979 classic.																	
	Comedy		(5:00) ★★ "Scorched" (2002)		Scrubs		Scrubs		Daily Show		Colbert Report		Chappelle's Show		South Park		Mind of Mencia		Mind of Mencia		Daily Show		Colbert Report		
	Court		Forensic Files		Forensic Files		Cops		Cops		Cops		Cops		Cops		Most Shocking "Criminal Behavior"		Masterminds (N)		Masterminds				
	Discovery		It Takes a Thief "See No Evil"		Dirty Jobs "Sewer Inspector"			Lobstermen: Jeopardy at Sea		Dirty Jobs Water snakes.				Everest: Beyond the Limit (N)			Man vs. Wild								
	DISCH		Code Blue "Out of the Darkness"		Impact: Stories of Survival			Little People, Big World		160 Lb. Tumor				Diagnosis: Unknown			Little People, Big World								
	Disney		Phil of the Future		Zack & Cody		Phil of the Future		That's So Raven		"You Wish!" (2003, Fantasy) A.J. Trauth, Spencer Breslin, Lalaine.			Life With Derek		Phil of the Future		Zack & Cody		That's So Raven					
	E!		Media Awards		Tom & Katie		E! News (N)		The Daily 10 (N)		Angelina Jolie: True Hollywood Story		Girl Next Door		Girl Next Door		Love Ride		The Soup		E! News		The Daily 10		
	FX		That '70s Show		★★★ "The Green Mile" (1999, Drama) Tom Hanks, David Morse. A condemned prisoner possesses a miraculous healing power.									Nip/Tuck "Reefer" (N)			(:07) Nip/Tuck "Reefer"								
	HGTV		If Walls Could		What's-House?		What You Get		House Hunters		Designed to Sell		Save My Bath (N)		Decorating Cents Home for Holidays		House Hunters		Buy Me		Parents House		FreeStyle (N)		
	Family		Everwood "Last Looks"		Dear Santa (N)			★★★ "Scrooged" (1988, Comedy) Bill Murray, Karen Allen.						Whose Line?		Whose Line?		The 700 Club							
	History		Marvel: Cape Cod Canal		Modern Marvels: Panama Canal		Modern Marvels: Candy		Modern Marvels: Breakfast Tech					Man, Moment, Machine (N)			The Big Build Building a hidden room.								
	Lifetime		Reba "The Wall"		Reba		Still Standing		Still Standing		Reba		Reba		★★ "We'll Meet Again" (2002, Drama) Laura Leighton. Premiere.			Will & Grace		Will & Grace					
	MTV		Beauty and the Geek		Sucker Free			Discover-Video		Real World-Rd		Rob & Big		Rob & Big		Rob & Big		Rob & Big		Beauty and the Geek					
	NICK		Ned's School		Avatar-Last Air		Fairly OddParents		Jimmy Neutron		SpongeBob		SpongeBob		Full House		Full House		Roseanne		Roseanne		Fresh Prince	Fresh Prince	
SCI FI		Stargate SG-1 "Forever in a Day"		Dead Like Me "My Room"		Dead Like Me George's first kiss.		Eureka "Right as Raines"					ECW (Live)			(:05) ★★ "Tremors" (1990)									
SPIKE		CSI: Crime Scene Investigation		CSI: Crime Scene Investigation				CSI: Crime Scene Investigation		★★★★ "Rocky" (1976) Sylvester Stallone, Talia Shire. A heavyweight champ gives a club fighter a title shot.															
TBS		Seinfeld		Seinfeld		Every-Raymond		Every-Raymond		Every-Raymond		Every-Raymond		Sex and the City		Sex and the City		My Boys "Pilot"		My Boys (N)		Friends	Friends		
TLC		While You Were Out		Rides "Hammer" MOPAR.		The Ultimate to Do List: 30 Before 30		Overhaulin' "Overhaulin' Bumrush"		Miami Ink (N)															
TNT		Law & Order "Under the Influence"		Without a Trace		Without a Trace		★★ "The Chronicles of Riddick" (2004, Science Fiction) Vin Diesel, Colm Feore. Premiere.																	
USA		Law & Order: Special Victims Unit		★★★ "Elf" (2003, Comedy) Will Ferrell, James Caan, Bob Newhart.		"The Great American Christmas" (2006) Narrated by Howie Mandel.		Law & Order: Criminal Intent																	
VHI		Shocking Moments in Rock		Shocking Moments in Rock		Shocking Moments in Rock		★★★★ "8 Mile" (2002, Drama) Eminem. A Detroit man tries to achieve success as a rapper.																	
SPAN	TELEM	Sala de Parejas		Noti-Telemndo		Viuda de Blanco (N)		Marina (N)		Amor Mio (N)		Amores (N)		Decisiones				Noti-Telemndo		Laura					
	UNIV	Que Locura		Noticiero Univ		Heridas de Amor (N)		La Fea Más Bella (N)		Mundo de Fieras (N)		Premios TV y Novelas		Primer Impacto		Noticiero Univ.									
SPORTS	ESPN	SportsCenter (Live)		College Basketball Maryland at Illinois. (Live)				College Basketball Indiana at Duke. (Live)					SportsCenter (Live)												
	ESPN2	Billiards: 2006 Men's Trick Shot Magic		Interruption		College Basketball Florida State at Wisconsin. (Live)				College Basketball Miami at Northwestern. (Live)			Quite Frankly												
	CSN	Totally Football		SportsNite		NBA Basketball Atlanta Hawks at Washington Wizards. From Verizon Center in Washington, D.C.		Wizards Post.		SportsNite (Live)			ACC All-Access												
NEWS	CNN	Lou Dobbs Tonight		The Situation Room		Paula Zahn Now		Larry King Live		Anderson Cooper 360															
	FNC	Special Report (Live)		The Fox Report With Shepard Smith		The O'Reilly Factor (Live)		Hannity & Colmes (Live)		On the Record-Van Susteren			The O'Reilly Factor												
	MSNBC	Tucker		Hardball		Countdown With Keith Olbermann		Scarborough Country		Inv: Diagnosis Murder			Inv: To Love and to Kill												
MOVIES	AMC	(5:30) ★★ "Cool Hand Luke" (1967, Drama) Paul Newman. 'GP'				★★★ "Pale Rider" (1985, Western) Clint Eastwood, Michael Moriarty, Carrie Snodgrass. 'R'		★★★ "For a Few Dollars More" (1965) Clint Eastwood.																	
	TCM	★★ "What's New, Pussycat?" (1965, Comedy) Peter Sellers. 'NR'				★★★ "The Last Hurrah" (1958, Drama) Spencer Tracy, Jeffrey Hunter. 'NR'		(:15) ★★ "Arrowsmith" (1931, Drama) Ronald Colman. 'NR'																	
	HBO	Angel Rodriguez		★★★ "Madagascar" (2005) Voices of Ben Stiller. 'PG'		★★★ "Harry Potter and the Goblet of Fire" (2005, Fantasy) Daniel Radcliffe. 'PG-13'		Happy Feet		Def Comedy Jam		The Wire													
	MAX	Lethal Weapon		★★ "The Avengers" (1998) Ralph Fiennes. PG-13		★★★ "The 40-Year-Old Virgin" (2005) Steve Carell, Paul Rudd. 'R'		★★★ "Star Wars: Episode II -- Revenge of the Sith" (2005) PG-13																	
	SHOW	Without a Paddle		(:25) ★ "Godzilla" (1998) Matthew Broderick. iTV. 'PG-13'		Sleeper Cell		Dexter Dexter's father passes away.		Masters of Horror "Pro-Life" (iTV)		White Boyz		Me and You											
	TMC	(5:00) ★★ "The Manchurian Candidate" (2004) 'R'		(:45) ★★ "Enduring Love" (2004, Suspense) Daniel Craig. 'R'				"Puerto Vallarta Squeeze" (2004, Action) Scott Glenn. 'R'					★ The Keeper												
	STARZ!	(5:30) ★★ "The Great Raid" (2005) Benjamin Bratt. 'R'		(:20) ★★ "D.E.B.S." (2004) Sara Foster. 'PG-13'		★★ "When a Stranger Calls" (2006) Camilla Belle. 'CC'		★★ "Guess Who" (2005) Bernie Mac. 'PG-13'																	

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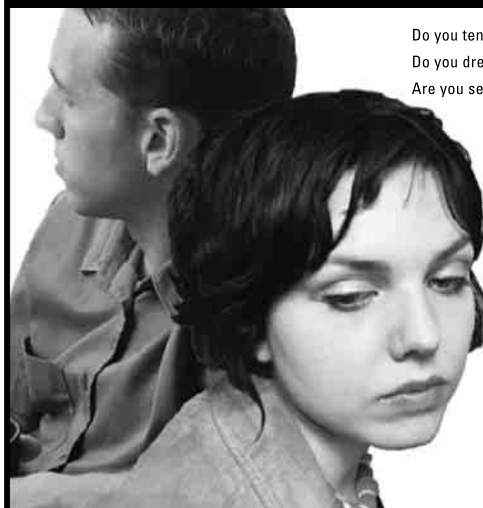
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District of Columbia Government Office of the Chief Financial Officer

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Process invoices and reviews vouchers for payment, reviews purchase orders; maintain A/P log and vendor files; adjudication and computation of travel claims and purchase cards; ensures that invoices are properly coded; reconciles GL accounts and subsidiary ledgers; develop and maintain relationships with the center managers and key personnel. Applicants who possess a degree in Accounting or 5 year specialized experience preferred.

PAYROLL SPECIALIST

Prepares, posts, and reconciles all documents for automated payroll; prepares weekly and bi-weekly payroll summaries; reviews and tabulates timesheets, timecards and inputs data into payroll system; updates employee file data; reviews and reconciles payroll liability accounts and annual earnings (W2s); prepares payroll entries to the GL. Applicants who possess Associates degree or 5 year specialized experience preferred. Familiarity with ADP PC Payroll for Windows preferred.

Offering competitive salaries and benefits package that include medical, dental and vision. Please visit www.cfo.dc.gov to obtain complete vacancy information, or call (202) 442-6523.

EOE

JOBS

AUTO

CASHIER NEEDED

For service in body shop department, Mon-Fri 9-6. Good salary and benefits offered. Automobile experience pref'd. Call 202-723-0100 for interview appointment.

Auto

TIRE WAREHOUSE MAN

Lindsay Cadillac has an immediate opening for a Tire Warehouse Man. We offer an excellent work environment. Benefits include: paid vacation, 401k, health insurance & paid holidays. We are looking for a self-starter & team player to join our professional staff. Please call John Knight or Mike Steele at 703-824-9670

BAKERY — Pastry Cook from 3pm-8pm Mon-Fri. Call Maurice Pastry at 703-642-0249

BEAUTY — Hair Stylist & Braider Wanted. Upscale salon in Suitland, MD. 202-607-0937.

bf08 DRIVER NEEDED

Landscape company needs driver to pick up and deliver materials to job sites in metro area. Must have good driving record and valid license. Call for interview 703-850-3453

BIOLOGY GRADUATES

With an interest in a career in Ophthalmology working as a Technician should fax resume to Maryland: (301) 474-7429; Virginia: (703) 698-0196

CARETAKER—Weekends for a fun-loving elderly woman. Need: CPR/1st Aid, background check & own transportation. \$11/Hour. 301-877-1306

CHILDCARE—Senior Staff. All current credentials. 301-499-1488.

Construction

Underground utility construction company seeking Foremen for employment in Montgomery City area to coordinate field crews on utility construction projects. Must have 2 yrs of field construction and/or utility industry exp. \$17.58/hr; 40hr/wk, 7am-3pm; Days/hours vary; some Saturday hours depending on project schedules. All interested candidates MUST reference the following code when replying: Job Order # 35531743 - ETA Case # P-05124-94045-BEV9. Mail or fax resumes to: Backlog Elimination Center ETA Division of Foreign Labor Certification- 1 Belmont Ave. Suite 220 Bala Cynwyd, PA 19004 Fax: 484-270-1615. EOE

JOBS

CNAs/HOME HEALTH AIDES

Lic. MD & VA CNAs needed for one of largest agencies serving VA/DC/MD. Weekday hrly & live-in positions. Exc. salary, benefits + \$signing bonus programs. Call Mon - Fri 703-516-0011

Concierge/Front Desk Attendant

DC Firm seeks exp person to provide Concierge/Front Desk duties. Must possess exc comm/comp skills, proficient in Word and Excel. Min of 3 yrs exp req'd as Concierge. Call for interview 202-543-6080.

CONSTRUCTION

FIELD TECHNICIAN

Will train. Valid lic. Lift over 50lbs. Stable work history. DC Residents only. Hispanics and Asians encouraged. CALL: 202-248-0092 FAX: 202-248-0178 EMAIL: careers@netsystems.ws

CONSTRUCTION

Growing earthwork contractor seeks exper'd Grade Foreman & Equipment Operators. Top wages & benefits for qualified personnel. Fax resume to: 410-451-6545 or call 410-451-7445

Come Grow With Us!

DANCERS—Wanted for Gentleman's Club (PG County). \$300-\$500/night. No exp. needed. 240-286-3660 or 301-568-8500

DELIVERY-EARN EXTRA MONEY

Deliver Phone Books NOVA & DC

- Work your own hours
- Have insured vehicle
- Must be at least 18
- No experience necessary

703-370-0168 www.sddsinc.com

DENTAL ASSISTANT & RECEPTIONIST
Seeking 2 F/T people for dental ofc nr Friendship Hts Metro. Fax resume: 202-363-1536

DRIVE - deliver and make \$\$\$. A courier co in MD needs couriers with Cars, Vans/PU Trucks and Bikers with Mopeds. Call: Sabrina 301-656-4086 (Monday - Friday).

DRIVER \$—A great opportunity for 4 professional couriers! If you own a Van or Pick-up Truck, please call 301-419-2626. Commission + gas reimbursement and benefits offered.

DRIVER \$—A very busy NoVA courier company needs drivers with car, van, truck and moped. Comm fuel surcharge. Call JC, M-F, 703.847.0637, regarding our \$300 sign-up bonus/benefits.

DRIVER \$—A very busy NoVA courier company needs drivers with car, van, truck and moped. Comm fuel surcharge. Call JC, M-F, 703.847.0637, regarding our \$300 sign-up bonus/benefits.

DRIVER \$
An immediate opening for Independent Contractors with cargo vans for route deliveries in DC/Baltimore area. Ask for Dick/Carl at 301-623-0250.

DRIVER \$—Average \$800-\$1000 in weekly comm. We've raised our rates & need I/C's w/own Van, Car or covered & uncovered pick-up Trucks for routes and local deliveries. Call Joe today 703-662-2218.

DRIVER — BUS DRIVER. P/T, 20-30/hr/wk, up to \$16/hr. AM/PM school run CDL w/B/C Class and P end. Call 202-636-9203

DRIVERS—\$14-22/hr. AlaCarte Express, DC's premier multi restaurant delivery service, needs reliable drivers with own vehicles. Call Chris M-F, 2-5pm. 202-232-8646.

Driver

Established company looking to expand delivery services. We are currently seeking a moped/scooter messenger with own moped & insurance. Must have valid driver's license & knowledge of DC metro area. We offer an excellent benefit pkg., career advancement and weekly pay. Call 202-293-3358 EOE.

JOBS

DRIVER — BUS DRIVER. P/T, 20-30/hr/wk, up to \$16/hr. AM/PM school run CDL w/B/C Class and P end. Call 202-636-9203

DRIVER (Delivery)— from 6am-1pm Tue, Thur & Sat. Call Maurice Pastry at 703-642-0249

DRIVER — Earn \$600-800/week FT, \$9-14/hr PT. Driving for TakeOut Taxi, the area's largest restaurant delivery service. Own vehicle req'd. Call: 301-571-0111.

Driver

Floor delivery, event set up and breakdown, FT and OT. Great pay and benefits. 301-565-0020 btw 10-3.

DRIVER

for refuse co. Must be able to read map, have knowl. of VA, & valid driver's lic. Great salary & co. benefits. Call 301-773-2069

ROUTE MONITOR

DRIVERS

Upscale Thrift Store looking for experienced drivers. No CDL License required. Immediate positions available in Northern VA & MD. Apply at any of our 3 locations: 2956 Gallows Rd. Falls Church, VA. 703-992-6560; 10121 New Hampshire Ave, Silver Spring, MD 301-431-7450; or 12211 Viers Mills Rd, Wheaton, MD 301-962-0600.

DRIVERS

Upscale Thrift Store looking for experienced drivers. No CDL License required. Immediate positions available in Northern VA & MD. Apply at any of our 3 locations: 2956 Gallows Rd. Falls Church, VA. 703-992-6560; 10121 New Hampshire Ave, Silver Spring, MD 301-431-7450; or 12211 Viers Mills Rd, Wheaton, MD 301-962-0600.

DUMP TRUCK DRIVER

Experienced Dump Truck Driver w/good driving record. Call 301-345-9100.

ENGINEERING

Senior Electrical Design Engineer

PE. U.S. citizen. Good communication skills, 5-7 yrs. exper. Federal bldgs. Busy office in Fairfax. Exc. benes. Send resume to: aantal@setty.com OR FAX: 703-691-8084.

Engineers

Kling

Structural / Mechanical / Electrical Engineers — Kling, an internationally renowned A/E firm specializing in R&D facilities, data centers and commercial buildings, has immediate openings in their DC office for talented engineers with 2 to 20 years experience. Candidates must have excellent leadership and communications skills and prior experience designing high-tech building systems. Visit our website at www.kling.us for details. Send a cover letter and resume by e-mail to dwiliams@kling.us.

Hair Stylists (licensed) & Barbers

Needed for new salon in Oxon Hill, MD. Call 240-417-0584 or 240-882-9418

HVAC

Spring Aire has immediate opening for Subcontractor/Installation Mechanics. Call 301-881-4300 to set up an interview.

HVAC SVC & INSTALL

No. VA company seeks quality Tech for residential & light commercial. Great wage, paid holidays & sick, insurance & much more. Good driving & work history, integrity & skills a must. 703-435-0892

Insurance Sales Agents

Work from home as a Licensed Life Insurance Agent for DC Metro Area. Call 866-253-3257.

Mechanic/Maintenance

The Washington Home (TWH) is looking for **Maintenance Mechanic, FT, 1st shift, M-F, on call every other week.** Must be customer oriented w/experience in all aspects of facility maintenance & repairs. Interested candidates will have HS/GED and attended a Vocational/Technical School of Carpentry or Engineering; hospital related exp preferred. Fax your resume to 202-966-2463, or email to cmarrquin@thewashingtonhome.org, or mail to 3720 Upton St., NW, Washington, DC 20016. For more information on this and other opportunities at TWH, call 202-895-0178 or visit www.thewashingtonhome.org EOE M/F/D/V.

JOBS

Leasing, Management and Maintenance Positions Available!

Camden Properties, a national premier provider of luxury apartment homes has immediate openings for an Experienced Leasing Consultant and/or Assistant Community Manager and Maintenance Supervisor and/or Technician, in one of our Ashburn, VA properties. The Assistant Manager Position requires a minimum of 1 year experience in a customer service related industry (i.e., retail sales, real estate sales, hospitality, etc.) Leasing Consultants with 6 months apartment leasing experience or a combination of accounting skills/education with customer service experience is strongly preferred. Strong attention to detail and sales ability is a must. Maintenance Supervisors or Technician Position requires HVAC/CFC Certification. Residential service experience preferred. We offer an excellent compensation package, plus bonuses and full benefits. Join our winning team! Please fax resume to 703.729.3886 or email to lmorris@camdenliving.com Camden Properties is an Equal Opportunity Employer.

Loan Processor

Snr LP. \$35-75K. 3 yrs Broker exp. Email info@ofni1.com

MED/SURG. RNS NEEDED: For premier Bethesda, MD hosp. Please call HTA @ 301 891-7700

MEDICAL RECEPTIONIST/OPHTHALMIC TECHNICIAN

Ophthalmology office in Silver Spring MD is looking for FT Medical Recp, Medical Asst/Ophthalmic Tech. Great pay & benefits. Please fax resume to: 301-431-0470.

MORTGAGE LOAN OFFICERS

FT/PT, no exper. nec. Will train. Pot. 6-figure income (comm.) Call 1-703-348-4088

NANNY/HOUSEKEEPER
M-F. Must have refs, transport. Must speak English well & be legal. 703-281-0473.

Nursing

OccuHealth Clinic in Camp Springs
Contact Christine at
OMV Medical
301-270-9212
clrussman@omvmedical.com

RN Needed

PHYSICIAN

Internal Medicine. Interest in HIV. Spanish speaking a plus. Dupont Circle. Email CV: lyding@mac.com or fax 202-667-0532.

PLASTERER/DRYWALL MECHANIC—Homeowner seeks exper'd Mechanic to close plumbing holes in basement walls & ceilings. 202-723-3971

Plumbing Service Tech: Fast growing co. in Northern Va looking for experienced tech. Valid dl, truck and tool req'd. Generous commission on jobs. Pls call 202-459839

RECEPT/WORD PROCESSOR

3-5 yrs. exper. for a start-up design engineering co. in NW/DC. Various duties. Excellent benefits. Send resume to: aantal@setty.com OR FAX: 703-691-8084.

Restaurant

SAUTEE COOKS

Looking for a reliable, on-time, talented and fast Sauttee Cook. Day & night positions are available for those who take pride in what they do. Good pay, close to the metro. Call Rudy Monday at: 202-529-4002.

RESTAURANT MGRS/CHEFS

For growing rest. DC/MD/VA. \$35-\$85K. 800-351-7557; FAX 800-208-0633; dss907@aol.com

Classifieds

JOBSPart TimeAdvertising RepInside Sales

Restaurant

Wait & Waitress

Busy restaurant in Silver Spring looking for experienced Wait & Waitress Call 301-589-7055

RESTAURANT/Cooks, Servers, Salad & Sandwich Makers—Apply Trio Rest., 1537 17th St NW.

Restaurant

Experienced line cooks and servers needed. All shifts. Apply in person between 2 & 4 pm. Fado Irish Pub, 808 7th ST NW, Washington, DC 20001.

RESTAURANT MGRS/CHEFS

For growing rest. DC/MD/VA. \$35-\$85K. 800-351-7557; FAX 800-208-0633; dss907@aol.com

FINANCIAL SERVICES

Customer Service Professionals Wanted!

Reach Your Peak with ICMA-RC, a FINANCIAL SERVICES LEADER in public sector employee retirement products and services. Headquartered in Washington, DC, we are constantly looking for ways to create new opportunities to serve our participants.

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You will provide our plan participants with:

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ICMA-RC is a leading provider of retirement plans for state and local employees, with management and administration of more than \$27 billion for more than 700,000 participants.

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We are the leading provider of information services to the Commercial Real Estate industry and are consistently named among the “500 Fastest Growing Technology Companies” by *Deloitte & Touche*. The most exciting expansion continues in our Research Division, where we are hiring Research professionals in BETHESDA and COLUMBIA as well as our new facility in WHITE MARSH.

RESEARCH ASSOCIATES

\$34,000 starting salary plus incentives and a \$1,000 sign-on bonus

You like digging. Finding and gathering data. Being on the net and on the phone. You communicate well with clients. You want to become a respected commercial real estate information expert.

RESEARCH MANAGERS

You are confident, with excellent staff management and leadership skills. You are adept at building client relationships. You can also manage data-driven top quality assurance, and serve as the main contact for major clients. And you have proven Microsoft Office skills.

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Previous B2B sales exp w/proven track record.
Excellent negotiation and closing techniques.
Prior Telco Industry, Sales, Telemarketing or CSR experience a plus.
PC Literacy (Excel/Word/Outlook req'd)
Must type 25+ WPM
Weekday schedule, Monday - Thursday 8am-5:30pm, Friday 8-12noon
Paid Training \$10.00 Base salary after \$13.00
Medical, Dental, Vision, and Prescription Benefits

Apply in person:
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6505 Belcrest Rd. Suite- 100
Hyattsville, MD 20782
Rosslyn Metro
1820 N. Fort Myers Drive Suite-300
Arlington, VA 22209
Call: 571-438-6555
Fax: 866-589-7312
E-Mail: recruitment.cs@accesswww.com

SALES

Business Development in Recruitment Advertising at

The Washington Post

We are recruiting multiple sales reps to generate new business. In exchange for your ability to research and target potential advertisers, develop leads, and close new business we offer:

Uncapped commissions
Excellent growth opportunities
Great work environment

For information:
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Send resume to:
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and reference job code:
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SALES

Account Management Opportunities at

The Washington Post

We are recruiting experienced, consultative, and enthusiastic salespeople for these high-profile outside sales positions in our Advertising dept. Competitive compensation, sales incentive, and employment benefits! For more information: www.washingtonjobs.com. To apply, send resume to talentsearch@washpost.com and reference job code:

Account Manager for Automotive/cars.com
Sell online advertising solutions to automotive clients. Auto industry experience a plus. Job code: Cars2/JT
Account Manager for Technology Advertising Strategic
selling; prospecting; telecommunications accounts; 50% travel. MBA pref. Job code: Tech2/JT
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RETAIL

IMMEDIATE OPENING

FDY, Inc, Food Service Management Com. has retail positions open at Howard Univ. Positions include Retail Supervisor, F/T & P/T Barista, Sandwich Artists, Cook, Utility/Dishwasher, Receiver & Driver. Must be dependable with great customer service skills & work independently in a fast pace environment. Exp. in Starbucks, Caribou Coffee, Panera Bread etc. is a plus but not necessary. Competitive benefits - salary range of \$8.50-\$13.50. E-mail jrschloss@gmail.com, fax: 202-315-3037 or report to Howard Univ., Bethune Annex Dining Hall to complete an application.

SALES MANAGER

Medispa, FT, 3 yrs Sales exp. Excellent customer service skills. Fax resume 301-249-4246.

SALES/MARKETING

Entry level. Learn Marketing & Tech. Integration in Education field. Preset- prequalified appts. No exper. Sal/comm. Training provided. Bilingual welcome. Mgmt opp. Car Req'd.

703-683-8900

Sales

Traveling Sales Rep for

The Washington Post

Sell syndicated columns and cartoons to newspapers within assigned geographic territory in U.S. and Canada. Requires ability to travel min. 2 wks. per month, PR or marketing or journalism degree, sales/marketing/PR experience, exceptional client relationship and communication skills, and interest in journalism, current events, and pop culture. For information: www.washingtonjobs.com
Send resume to:
talentsearch@washpost.com
and reference job code: Trav/JT
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SALON—Now hiring licensed beauticians, barbers, Nail Techs and braiders. Please call Steve 202-497-0311.

SECURITY

ARMED SPOS

Various DC premiere locations. Must possess valid DC Armed Commission. Min. 3 yrs. exper. No Exceptions. Must pass background check and have good work ethics, team player. Competitive hourly rate. CALL M-F, 10AM-2PM, 202-293-8011 or FAX resume: 202-293-1095.
DC Lic 0444

Sales

Account Management Opportunities at

The Washington Post

We are recruiting experienced, consultative, and enthusiastic salespeople for these high-profile outside sales positions in our Advertising dept. Competitive compensation, sales incentive, and employment benefits! For more information: www.washingtonjobs.com. To apply, send resume to: talentsearch@washpost.com and reference job code:

Account Manager for Automotive/cars.com
Sell online advertising solutions to automotive clients. Auto industry experience a plus. Job code: Cars2/JT
Account Manager for Technology Advertising
Strategic selling; prospecting; telecommunications accounts; 50% travel. MBA pref. Job code: Tech2/JT
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SALES

The Washington Post

Part Time Advertising Rep Inside Sales

Join the Advertising Sales team! 15 hours/week, daytime hours. Great entry-level advertising sales and career advancement opportunity! Exciting, deadline-driven environment. Use your phone selling and persuasion skills. Build revenue toward your individual sales goals. Respond to inbound calls, assess advertising needs and recommend advertising solutions, upsell and cross-sell. Base plus commission pay structure. Min. 40 WPM, excellent client service skills required.

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Send resume to:
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Sell syndicated columns and cartoons to newspapers within assigned geographic territory in U.S. and Canada. Requires ability to travel min. 2 wks. per month, PR or marketing or journalism degree, sales/marketing/PR experience, exceptional client relationship and communication skills, and interest in journalism, current events, and pop culture. For information: www.washingtonjobs.com
Send resume to:
talentsearch@washpost.com
and reference job code: Trav/JT
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SECRETARY - PATENTS

For Partner in major downtown DC firm. Strong skills and at least 1 year current patent prosecution exper. Competitive salary, benefits. Reply with resume to: wlp@wenderoth.com

Security

DC SPO SHIFT SUPERVISORS

Professional with 5 yrs security and/or law enforcement w/ 3 yrs supervisory experience, supervising min of 50 people. AA or 2 yrs college desired, or 4 yrs exp required. Must be current DC SPO w/clean credit and crim hist. Salary \$52,000 + benefits. Please submit resumes to steve@marcherconsultants.com

VA 11-1373 EEO

Classifieds

JOBS

Security

**SECURIGUARD, INC.****\$1000 Bonus with Current SPO****SPO**

Req 2 yrs security exp \$16.67

EMTS

Req 2 yrs exp in fire/emergency services or security. SPO pref \$16.40

Dispatchers

Req 2 yrs exp in security ops center \$17.20

Must be 21 yrs old, US Citizen, possess HS/GED & no criminal convictions. Apply in person M-Th, 9am-2pm @ 6858 Old Dominion Dr #307 McLean VA 22101. Bring licenses/credentials.

EOE

Security

DC SPO SHIFT SUPERVISORS

Professional with 5 yrs security and/or law enforcement w/ 3 yrs supervisory experience, supervising min of 50 people. AA or 2 yrs college desired, or 4 yrs exp required. Must be current DC SPO w/clean credit and crim hist. Salary \$52,000 + benefits. Please submit resumes to steve@marcherconsultants.com

VA 11-1373

EOE

SECURITY

Security officers needed for DC site. Must be 21 years of age w/SPO or SO. Starting sal. \$14/hr. Training and uniforms provided. Excel. communication & writing skills. Call 202-543-6080.

SECURITY

**SECURIGUARD, INC.****PROJECT MANAGER
(Washington, DC)**

Manages daily activities of the security operations to include security analysis with recommendations, post orders, emergency procedures, etc. Ensure contract compliance for a 85 member contract security force

- Min 10yrs command and/or supervisory Secur./LE exp
- Exp managing min 50 empl
- Pref. SPO, but must have ability to be armed cert. in DC.
- BA/BS required
- Sched M-F, 7am to 3:30pm

Benefits: Salary commensurate with experience starting at \$75,000.00, Medical, Vacation, 401K plan.

**ASSISTANT PROJECT MGR.
(Washington, DC)**

Assists in mgmt of daily activities of the security operations to incl. proper coverage of duty schedules, payroll & work activity of assigned personnel. Required to supervise & delegate duties to supervisors & security force.

- Min. 5 yrs command and/or supervisory Security/LE exp
 - Three yrs contract mgmt exp preferred for security contract in DC metro area.
 - Exp managing min 50 empl
 - AA/AS required
 - Prefer SPO, but must have ability to be armed cert. in DC
 - Sched M-F, Tues-Sat, 2:30pm to 11pm
- Benefits:** Salary commensurate with experience starting at \$65,000.00, Medical, Vacation, 401K plan.

Send resume to securiguardhr@aol.com or fax 703/790-1696.

VA 11-1373

EOE

Social Worker

ASY, community based residential program for youth in SE DC seeks PT and FT licensed clinical social workers for clinical services. Resumes can be faxed to 202-584-1249.

START THE FALL WITH US!

We're seeking several career-oriented, dedicated, responsible entry-level candidates for the following positions:

- Valet Attendants
- Parking Attendants
- Couriers
- Cashiers (no license required)

Must have a valid drivers license, be able to drive manual (stick shift) transmission; have good communication skills; provide excellent customer service & perform job duties at a fast pace. Police clearance and recent DMV record are required to apply. Apply at 1225 Eye Street NW, Suite C-100 Washington, DC between 9:00 am and 3:00 PM. M-F. EOE.

TELEMARKETING

Earn up to \$25/hr. NOVO1 is looking for highly skilled, exper'd inside sales reps to market for Fortune 100 co. FT/PT. Great working environment, Laurel, MD. Call 301-361-1111, ask for Mark.

TECHNICIAN - GREAT OPPORTUNITY
Direct TV/Dish Network Installation Technicians. \$800-\$1600/wk. Baltimore/Wash. Metro area & VA. Prefer candidates w/exp but will train. Must have reliable truck or van (we offer rent to own to qualified candidates), driver's lic., & must speak English. Call 443-992-0484 or 202-361-1784.

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CLINTON/5503 Burrell Ct.—2BR 1BA w/loft, cul de sac, .72 ac, CAC, newer windows. Call me for details.
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Duece 2002 Harley Davidson—\$20,000 obo, mint cond, 12k mi, brandywine, to much chrome 301-473-4164

Harley Davidson 2003 Screamin Eagle Rd Kg—\$25,000, mint cond, 6k mi, Centennial Gold, 1HD1PGE113Y950639, 571 265 5230

Honda 2005 Accord—Hybrid \$25000, excellent cond, 23k mi, nav, Gold ext, Tan int, 4 dr, htd seats, lthr int, \$0 deductible 100,000 Mile/8 year Honda Care Warranty and Lojack 301-641-0076

Honda 2004 Civic—HYBRID! \$17,850, 31k mi, great cond, 55pt insp, loved dearly & will be missed, 202-276-8786

Honda 1999 Prelude—Dual Trans, DOHC VTEC Eng, 130k Hwy Mi, 2 Dr, Red Ext, Black Int, Buckets, AM/FM, CD, Snrf/Mnrf, AC, PW/PDL, PS, SRS, ABS, Cruise, Alloys, Whl Lck, Hood/Nose Lthr Bra, remote Keyless Entry, Full Maint, Garage Kept, Excellent Cond, Insp, \$6,500, Priced to Sell, Call 301-755-1186

Honda 1989 Accord—\$1000 obo, fair cond, 85k mi, automatic, White ext, Maroon int, 2 dr, ps, pw, AM/FM, cassette, 1 tire needs repair but car drives fine, no A/C. 202-320-9040

Infiniti 2004 i35—\$22850 obo, excellent cond, 37k mi, FULLY LOADED w/ ALL OPTIONS. Lthr, Tint, Sunroof, Wood Kit, Spoiler! This GARAGE KEPT car is IMMACULATE & priced to sell! Call 510-551-3032

Infiniti 1999 G20t—\$5700 obo, Lmtd Ed with sunrl & spoiler! good cond, Grt on Gas! White ext, Beige int, 4 dr, lthr int, remote keyless entry, 95k mi, 202-701-3775

JUNK VEHICLES REMOVED FREE CASH PAY FOR SOME
202-714-9835

Lexus 2006 GS 300—AWD w/ Navigation. \$42,900 excellent cond w/ 11K mi, White ext/Beige int, GREAT PRICE!! Call Jae 202-297-2052

LOOK out

* TRENDS, CULTURE, DISCOVERIES, IDEAS, PEOPLE

Positive Thinking

Researchers search for ways to turn those frowns upside down

As a motivational speaker and executive coach, Caroline Adams Miller knows a few things about using mental exercises to achieve goals. But last year, one exercise she was asked to try took her by surprise.

Every night, she was to think of three good things that happened that day and analyze why they occurred. That was supposed to increase her overall happiness.

"I thought it was too simple to be effective," said Miller, 44, of Bethesda, Md. "I went to Harvard. I'm used to things being complicated."

Miller was assigned the task as homework in a master's degree program. But as a chronic worrier, she knew she could use the kind of boost the exercise was supposed to deliver. She got it. "The quality of my dreams has changed, I never have trouble falling asleep and I do feel happier," she said.

That exercise is one of several that have shown preliminary promise in recent research into how people can make themselves happier — not just for a day or two, but long-term.

There's no shortage of advice on how to become a happier person, as a visit to any bookstore will demonstrate. The problem is, most of the books on store shelves aren't backed

"I thought it was too simple to be effective. I went to Harvard. I'm used to things being complicated."

CAROLINE ADAMS MILLER, BETHESDA

up by rigorous research, says Sonja Lyubomirsky, a psychologist at the University of California, Riverside, who's conducting such studies now.

In fact, she says, there has been very little research about how people become happier because many researchers considered it futile.

But recent long-term studies have revealed that the happiness thermostat is more malleable than the popular theory maintained.

One new study showing change in happiness levels followed thousands of Germans for 17 years. It found that about a quarter changed significantly over that time in their basic level of satisfaction with life. Nearly a tenth of the German participants changed by three points or more on a 10-point scale.

Other studies show an effect of specific life events, though the results are averages and can't predict what will happen to particular individuals. Results show long-lasting shadows associated with events such as disability, divorce, widowhood, and getting laid off.

Still, many people want to be happier. What can they do? That's where

INSIDE

Make mail happy with cool cards | **35**



Blog Log: Musings on 2008's election | **36**

Short Order: Pamela and Kid Rock split | **38**



HAPPY DAYS: Motivational speaker Caroline Adams Miller discusses happiness with a group at American University in D.C.

Happy Feet

research by Lyubomirsky, psychologist Martin Seligman of the University of Pennsylvania and others comes in.

The think-of-three-good-things exercise that Miller found so simplistic at first is among those being

tested by Seligman's group at the University of Pennsylvania. Miller said the exercise made her notice more good things in her day, and now she routinely lists 10 or 20 of them rather than just three.

A second approach that has shown promise in Seligman's group has people discover their personal strengths through a specialized questionnaire and choose the five most prominent ones. Then, every day for a week, they are to apply one or more of their strengths in a new way.

The idea of the exercise is that using one's major "signature" strengths may be a good way to get engaged in satisfying activities.

These two exercises were among five tested on more than 500 people who'd visited a Web site called "Authentic Happiness." Seligman and colleagues reported last year that the two exercises increased happiness and reduced depressive symptoms for the six months that researchers tracked the participants. The effect was greater for people who kept doing the exercises frequently. A follow-up study has recently begun.

MALCOLM RITTER (AP)

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Do you suffer from Rosacea or Eczema?

If you are diagnosed with either of the above conditions and are currently taking medication, you may qualify to participate in a paid market research study being held in Bethesda, MD. There will be no sales efforts or clinical trials involved. All personal information will be confidential. If you are interested, call (301) 215-7248 and say you are calling for the skin conditions study.

Heads in the Clouds

Environment

A mystery in the skies may unlock answers to global warming

Scientists are peering into the clouds near the top of the world, trying to solve a mystery and learn something new about global warming.

The mystery is the droplets of water in the clouds. With the North Pole just 685 miles away, they should be frozen, yet more of them are liquid than anyone expected.

So the scientists working out of a converted blue cargo container are trying to determine whether the clouds are one of the causes — or effects — of Earth's warming atmosphere.

"Much to our surprise, we found that Arctic clouds have got lots of super-cooled liquid water in them. Liquid water has even been detected in clouds at temperatures as low as minus 30 degrees Celsius [minus 22 F]," said Taneil Uttal, chief of the Clouds and Arctic Research Group at

“Clouds are perhaps the single greatest unknown factor in understanding global warming.”

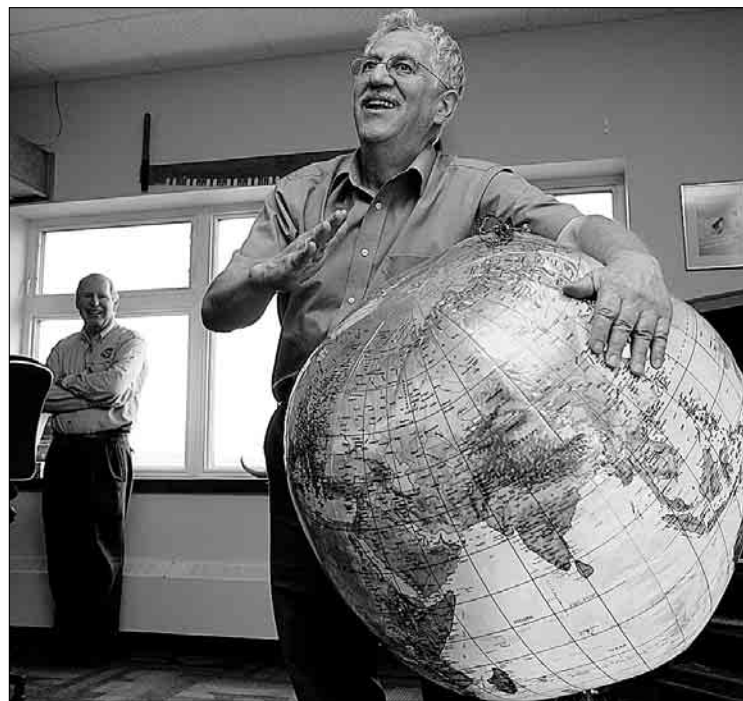
TANEIL UTTAL, NOAA

the Earth Systems Research Laboratory of the U.S. National Oceanic and Atmospheric Administration (NOAA).

"If a cloud is composed of liquid water droplets in the Arctic, instead of ice crystals, then that changes how they will interact with the earth's surface and the atmosphere to reflect, absorb and transmit radiation," said Uttal.

"It's a new science, driven by the fact that everybody doing climate predictions says that clouds are perhaps the single greatest unknown factor in understanding global warming."

With NASA reporting 2005 was the warmest year on record worldwide, the debate over global warm-



Russ Schnell, director of the NOAA, discusses threats to Earth's ozone layer.

ing marches on, but not here. The American and Canadian scientists at the Eureka Weather Station in the northern Canadian territory of Nunavut are beyond questioning the existence of climate change.

"If we compare the debate over the theory of evolution with the debate over the theory of global warming, global warming's a whole lot more certain at the moment," said Jim Drummond, a Universi-

ty of Toronto physics professor and chief investigator for the Canadian Network for the Detection of Atmospheric Change.

"By and large," he said, "we are not now arguing about whether global warming is going to happen; the argument has turned to: How big is it going to be?"

Uttal, Drummond and other scientists recently visited Eureka, which is equipped with instruments that sound like sci-fi inventions — the ozone spectrophotometer, for instance, or the tropospheric lidar.

The new technology helps to better understand the impact of clouds on Earth's surface temperature. The clouds being studied here range from six miles high to almost touching the ground.

Uttal noted that water clouds are more likely to warm the Arctic atmosphere than ice clouds, since the liquid clouds retain more heat radiated by Earth's surface. "This means that the ice-to-water ratios in clouds may be very important in controlling the Arctic surface temperatures and how it melts," she said.

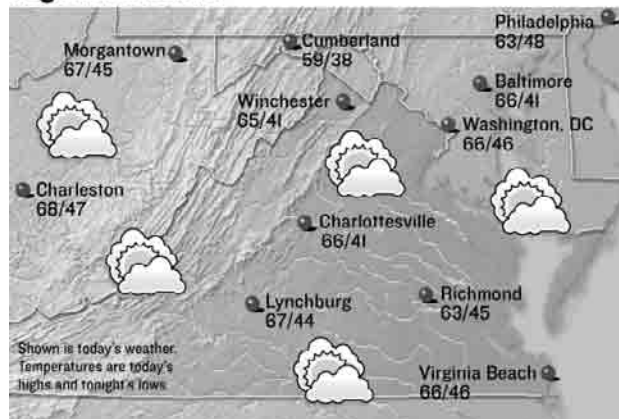
In Nunavut, the melting is keenly felt. "In the old days, we used to have 10 months of winter; now it's six," said Simon Awa, an Inuit leader and deputy minister for the environment of Nunavut. "Every year we're getting winter later and later."

BETH DUFF-BROWN (AP)

5 Day Forecast for the Washington Area

Today	Tonight	Wednesday	Thursday	Friday	Saturday
Partly sunny, mild	Partly cloudy	Mild, variably cloudy	Mostly cloudy, a shower possible	Breezy with rain	Partly cloudy
66°	46°	64° / 50°	68° / 51°	61° / 36°	52° / 34°

Regional Weather



Forecasts and graphics provided by AccuWeather, Inc. ©2006

Almanac

Washington, D.C., through 4 p.m. Mon.

Temperature

High	56°
Low	40°
Normal high	53°
Normal low	37°
Average humidity	76%

Precipitation

24 hours ending 4 p.m.	0.00"
Month to date	5.16"
Normal month to date	2.73"
Year to date	46.21"
Last year to date	40.52"
Normal year to date	36.00"

For up-to-the-minute weather, see:
washingtonpost.com/weather

Regional Forecast

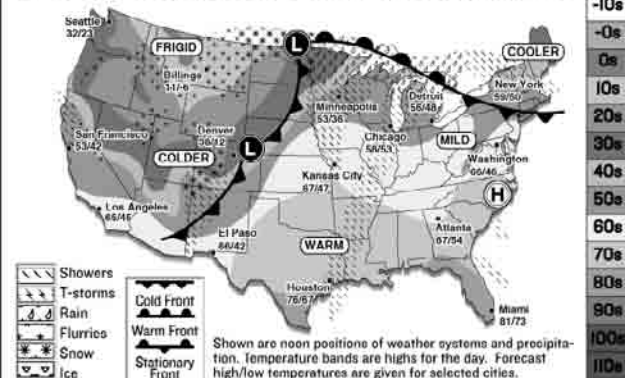
D.C. Metro: Today, partly sunny, mild. High 66. Wind light, variable. Tonight, mostly clear. Low 46. Wednesday: Variably cloudy. High 64.

Sun and Moon

Sunrise today	7:04 a.m.
Sunset tonight	4:47 p.m.
Moonrise today	1:01 p.m.
Moonset today	none

First	Full	Last	New
Nov 28	Dec 4	Dec 12	Dec 20

National Weather for Tuesday, November 28



National Cities

City	Today	Wed.
Atlanta	67/54/pc	68/55/c
Boston	50/42/c	54/46/c
Chicago	58/53/sh	62/40/sh
Dallas	78/66/pc	72/42/r
Denver	38/12/pc	14/0/sn
Honolulu	82/70/pc	81/65/sh
Los Angeles	65/45/pc	63/42/s
Miami	81/73/pc	83/73/pc
New York City	59/50/pc	59/52/c
Orlando	78/65/pc	78/65/pc
Seattle	32/23/pc	34/30/pc

World Cities

City	Today	Wed.
Amsterdam	55/48/sh	54/43/s
Athens	66/50/s	63/50/pc
Berlin	56/42/pc	52/41/c
Buenos Aires	75/54/pc	81/57/s
Calgary	-8/-20/sf	5/-5/pc
Dublin	50/43/c	52/48/sh
Geneva	62/42/pc	47/40/r
Moscow	42/32/c	36/36/l
Rome	66/44/s	66/46/pc
Sydney	88/64/pc	70/59/pc
Tokyo	59/45/r	59/45/pc

s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, l-ice.

Styles

LOOK
out

face time \ˈfās-tīm\ *n* 1: in-person communication, esp. in contrast to remote discourse via electronic interface "OFFICE PARTIES ARE ALL ABOUT FREE BOOZE AND FACE TIME" — *see also* PHONE TAG, PING, QUALITY TIME 2: communication intended to recap important events "DURING THE HOLIDAYS, I GET SOME FACE TIME WITH MY KIDS" — *syn* CATCH-UP SESSION



"I so look forward to our **face time**, Santa."

Office talk meets holiday greetings on **CORPORATE FLASHCARDS**. This melds "face time" with a Santa meet-and-greet; other phrases available. (\$14 for 12, Urban Outfitters, 707 7th St. NW; 202-737-0259)

File
UNDER
Fad

What a Card

Ditch the sappy poems and glittery angels this holiday season in favor of hip, fun greeting cards that won't make your friends roll their eyes and mock you. This season, pick witty, pretty cards that have more personality than the typical offerings. It's the only time all year your mother's cousin's kids will hear from you — you'd better convince them you're cool. KRISTEN PAGE-KIRBY (EXPRESS)

Tasty treats make for happy holidays. These "**HO HO**" CARDS are a little sassy, a little sweet, and a reminder of what the holidays are all about: junk food. (\$4 each, Groovy D.C., 428 8th St. SE; 202-544-6633)



Get greeting all year long with Knock Knock's new **GREETING CARD ORGANIZER**. The binder stores up to 240 cards and includes a birthday and anniversary tracker, an address book and a pouch for stamps and your favorite sign-in' pen. (\$33, knockknock.biz)

It's a card AND a toy! This **3-D FOLD-OUT HOLIDAY WAGON** card will ensure minutes of holiday fun for whoever receives it, at least until his or her cat bats it into oblivion. Plus, a small writing space means you don't have to think of much to say. (\$14 for eight, fredflare.com)



So cute you kind of want to either throw up or adopt a passel of tiny Asian kids, stick them under the mistletoe, and just let 'em go nuts, this card from **WANART** is just plain adorable. The inside reads "Hope the holidays bring you lots of reason to smile." (\$15 for eight; the Sackler Gallery, 1050 Independence Ave SW; 202-633-1000)

Men



The Scent of Pinstripes

The men, they like the baseball, or so we are told. Which is why they'd want to smell like an overpaid, stupidly grinning pretty boy shortstop. At least that's what Avon hopes, with the introduction of **DRIVEN BY DEREK JETER** (\$25, shop.avon.com). And we hate the Yankees, and we hate Jeter, and ... we don't hate this cologne. It's light, with a nice, spicy undertone and a subtle kick of citrus. It's not what we'd call innovative, but it's still an impressive scent, good for beginners. But we still hate the Yankees. K.P.K.

Holiday



A Date With the Dutch

The latest in the "designers selling out to mass marketers" is Tord Boontje, who recently launched a new holiday line for Target. The Dutch designer not only created a home line (that's the acrylic candelabra, \$30) that includes everything from napkins to glasses to plates, but he designed the decorations for the stores themselves. The 35 items that make up the line will fit in your cart right next to the paper towels and cute scarf you didn't know you needed. K.P.K.

 from readexpress.com

Smoking Ban Expanding?

CAPITOL HILL | Smokers and Republicans won't be surprised that some Democrats hope to ban smoking in the Capitol's Speaker's Lobby. The incoming House Government Reform Committee chairman, Rep. Henry Waxman, D-Calif., wants to clear the smoke, and now that the Dems have the majority, he may get his way, the Long Beach Press-Telegram reported. KRISTON CAPPS



Waxman

A Gorgeous Gorge

URBAN HIKES | One of the area's most interesting hikes is in the District's

far western wilderness. Of course, wilderness is a relative term, but the furthest west one can go within the bounds of the nation's capital is in the Potomac River's relatively untouched gorge at Little Falls, just upriver from Chain Bridge. While the Billy Goat Trail at Great Falls might provide a more exciting trek, the river's boggish floodplain, marked with boulders and trees washed downstream, is continually evolving depending on the season. The area is formed of seeps, springs and riverside prairies. A Thanksgiving outing found the area much more gray and gloomy than the verdant late spring.

The gorge is perhaps the region's most dynamic and diverse plant



MICHAEL GRASS/EXPRESS

YOU'RE NOT LOST: You're just at the District of Columbia's most western point.

environment. Over time, flooding has dispersed plant life, rocks and other debris over the area. According to the National Park Service, the gorge "is one of the most biologically significant natural areas in the eastern United States, with occurrences of 134 rare plant species and five globally rare plant communities."

While invasive plant species threaten the Potomac's gorge, other parklands — like those in

and near Rock Creek Park — have it considerably worse off at the current time with kudzu and other troublesome vines creeping in and strangling trees to death.

MICHAEL GRASS (EXPRESS)

→ Coming Up Today

Now that ex-Chilean leader Augusto Pinochet is under house arrest, does that mean some light may be shed on the mystery surrounding a 1976 Embassy Row assassination?

? Poll Center

TODAY'S QUESTION

How much do you plan to spend on holiday shopping?

1. More than last year
2. Less than last year
3. About the same
4. However much it takes

YESTERDAY'S RESULTS

Has the conflict in Iraq become a civil war?

YES **NO**

76% 24%

As of 5:20 p.m. Monday. Not a scientific poll

SEE HOW YOUR METRO STATION VOTED AT READEXPRESS.COM/POLLCENTER.PHP



"[L]et's see the U.S. have to evacuate the Green Zone the same way they had to evacuate Saigon."

A COMMENTER ON AMERICABLOG.BLOGSPOT.COM SAYS AN INEVITABLE PULLOUT FROM IRAQ IS GOING BE UGLY AND SAYS THERE'LL BE CARNAGE SINCE, "DUE TO BUSH PLANNING, THERE WON'T BE SEVERAL CARRIERS OFFSHORE OR FRIENDLY BASES NEARBY."

Tastes Like Burning

"WARNING: Handling the coated electrical wire on this product exposes you to lead, a chemical known to the State of California to cause birth defects or other reproductive harm. Wash hands after use."

RANDOMDUCK.COM REPEATS A WARNING ON CHRISTMAS TREE LIGHTS BOUGHT AT TARGET OVER THE WEEKEND.

It Takes Two to Tango

"It's really sad when a bunch of fuddy-duddy old dudes in the State Department have to tell a couple of hip young girls, 'Stop it — you're embarrassing me!'"

A COMMENTER ON WONKETTE.COM ON THE BUSH TWINS' BEING ASKED TO LEAVE ARGENTINA AFTER THE DAUGHTERS APPARENTLY STIRRED UP TROUBLE IN BUENOS AIRES.



GETTY IMAGES

Attention, Rudy Giuliani

"You have to wonder about Mitt Romney and John McCain. Most political consultants would tell you if you start hard as early as these two have, you may peak too soon — you may garner as much attention as possible, only to see voters tune you out as newer 'shinier' candidates [arrive] on the scene."

REDSTATE.ORG LOOKS AT THE RACE FOR THE 2008 GOP PRESIDENTIAL NOMINATION.



Nothing Gold Can Stay

"In a totally shocking maneuver, Pamela Anderson has filed for divorce from Kid Rock. In other news, Kid Rock is currently boiling his entire body. In even more other news, thousands of gay people who can't legally get married to their longtime loves roll their eyes and grit their teeth."

SOCIALITELIFE.COM, THINKS ANDERSON AND KID ROCK'S NOW-DERAILED MARRIAGE WAS A WASTE OF TIME.

Live Online

'Paradise' Found

Writer **CHERYL LYN DYBAS** was online Monday to discuss the discovery of "Aframomum" or "grains of paradise," an African plant with an anti-inflammatory substance that may become a drug.

How long will it be before Aframomum will be available as an anti-inflammatory drug?

Scientists hope a new drug from Aframomum will be in the pipeline in the near-term, although at this early stage, no one knows exactly when that might be. FDA approval would likely happen faster than for some drugs, as Aframomum is already being used as a food product.

Are there any noted side effects, such as rash, headache, etc.?

During the [many years] people have been eating the seeds in Africa (and in Europe), no side effects have come to light to scientists' knowledge.

We wondered whether you have

tried eating Grains of Paradise seeds. What do they taste like? Are there recipes for them available?

Yes, I have tried eating Grains of Paradise. They're something like pepper, but have a more spicy "zing" in their aftertaste. I added the spice to baked chicken, and it tasted quite good. I'm not sure of specific recipes for this spice, but it's been used in African cooking for centuries.

Could you talk about the history of the use of this plant in Africa?

Grains of Paradise, despite its popular beginnings in Africa, is not well-known outside that area. It's still widely used as a spice in cuisine, especially in places like Morocco. It's used as a pepper substitute and also has been chewed in cold weather as a way of warming up. The major user today of Grains of Paradise in the U.S. is the Boston Brewing Company.

Is it possible to grow this in the U.S.?

It's likely it could be grown in the U.S., perhaps in southern climates or in greenhouses, anywhere that the climate is similar to that of the plant's native African range — humid and warm.



FEEL LIKE YOU HAVE A FANCY SHOWER. Emphasis on "feel," as you'll have to shut your eyes to enjoy a PVC-pipe shower spa that you can create easily and cheaply at — get ready, this is a long one — instructables.com/id/ebbrlp2qyepd7r0np. The look is OK, but you'll like your new water flow options.



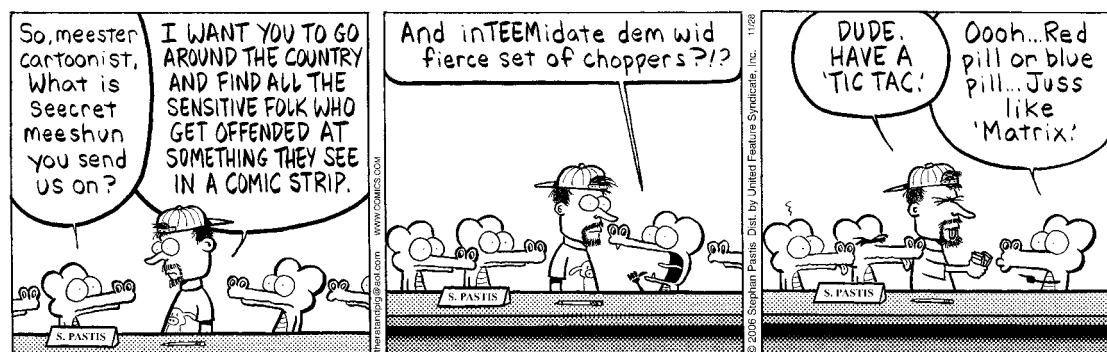
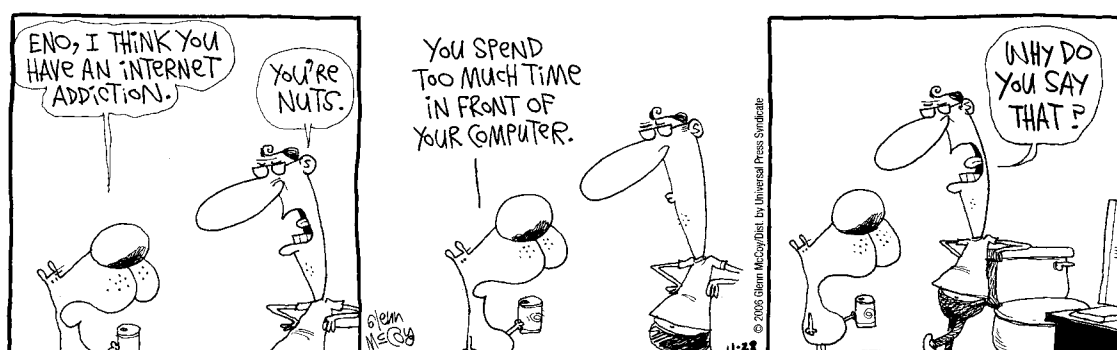
TODAY ON LIVE ONLINE: Amanda Vaill fields questions about her biography of the late choreographer Jerome Robbins at 3 p.m. | washingtonpost.com/liveonline

Bizarro | Dan Piraro

Cornered | Mike Baldwin


"I know what you're going through, dear. I buried my husband last year – but they found him in time."

Pooch Cafe | Paul Gilligan

Pearls Before Swine | Stephan Pastis

The Duplex | Glenn McCoy


Horoscope

By Stella Wilder

SAGITTARIUS (Nov. 22-Dec. 21) You'll have greater reason to count your blessings than you have expected. Someone close to you will make you an important offer.

CAPRICORN (Dec. 22-Jan. 19) Grant others the patience you are more than willing to grant yourself, and all will get along much better. You're in control.

AQUARIUS (Jan. 20-Feb. 18) Spiritual energy will increase, and you can be sure you're receiving important messages from a strong and influential force.

PISCES (Feb. 19-March 20) What springs from your own imagination can be more than valuable—it can be quite essential for the well-being of all around you.

ARIES (March 21-April 19) Gather your forces, and you'll be ready before you know it to make that big push toward a new and important personal goal.

TAURUS (April 20-May 20) Focus on getting things done around the home, and you will surely increase your own con-

tentment as well as the appreciation others have of you.

GEMINI (May 21-June 20) This is a good day to restate your commitment to a project or a person in simpler, more direct terms. Don't shy away from reality.

CANCER (June 21-July 22) What you want can be yours, but you must not make the mistake of thinking it will come to you. Reach out; make an effort.

LEO (July 23-Aug. 22) Concentrate on putting the pieces of a puzzle together before nightfall. Seek reconciliation where necessary. You can ease tensions.

VIRGO (Aug. 23-Sept. 22) Your actions may be misunderstood for a time, until they begin to benefit others as well as yourself. You have the greater good in mind.

LIBRA (Sept. 23-Oct. 22) Timing and luck are essential—and you can enjoy both in good measure. Use the element of surprise to your advantage during the p.m.

SCORPIO (Oct. 23-Nov. 21) Something may seem to go awry toward midday, but you'll realize as you retrace your steps that all things, at this time, are for the best.

Letters

Breast-Feed in Private

I AM VERY SURPRISED at the selfishness, with pride, no less, of Andrea Carlesi in Monday's letter ("Cheers for 'Nurse-In' Photo") and of the women at the nurse-in. No one told the woman on the plane that she could not nurse. But neither she, nor anyone else, has

the right to make people have to look at her breasts. Of course, it's natural to nurse and it's a great thing. But a woman is not suddenly a cow because she is nursing. She does not lose her sexuality. It is also natural and normal to have sex, pass gas and be naked, but no one has the right to make other people experience those things in a public area.

—MALENA BRADLEY
Gaithersburg, Md.

WRITE TO EXPRESS: Include name, hometown and telephone number. Submissions may be edited. E-mail to inbox@readexpress.com or mail to Express Letters, PO Box 17370, Arlington, VA 22216.

Today in History

1520 Portuguese navigator Ferdinand Magellan reaches the Pacific Ocean after passing through the South American strait that now bears his name.

1942 Nearly 500 people die in a fire that destroys the Coconut Grove nightclub in Boston.

1964 The United States launches the space probe Mariner 4 on a course to Mars.

1990 Margaret Thatcher resigns as prime min-



British Prime Minister Margaret Thatcher resigned today in 1990.

ister of Britain during an audience with Queen Elizabeth II, who confers the premiership on John Major.

LOOK out People

DEVIOUS

Elton Makes Up New Words, Pretends They're Australian

ELTON JOHN left the stage during a weekend concert in Brisbane after being struck by a bout of nausea. John left the stage without a word about two hours into his Sunday concert. He was gone for about five minutes, the Australian Associated Press reported. When he returned, the 59-year-old pop star used an Australian colloquialism to explain that he had vomited. "I thought I'd better chunder in the toilet [rather] than all over the front row," he was quoted as saying. Apparently feeling better, John closed the show about 45 minutes later. (AP)



"Did someone chunder on Elton's sleeve, or is that just appliqué?"

DECADES

'80s Star Uses '80s Drugs



Washed-up '80s starlet **TAWNY KITAEN**, remembered for using her high heels as a weapon against ex-hus-

band Chuck Finley, is facing felony drug charges, E! Online reported. Police officers went to her Orange County apartment to check up on her daughters, and while she was not under the influence of any drugs, they found 15 grams of cocaine. If she enters rehab, the 45-year-old may avoid jail time. (EXPRESS)

SIBLINGS

'While Jake Bikes With Lance and Matt, I've Actually Been Working'

MAGGIE GYLLENHAAL won the best actress award for her performance in "Sherrybaby" at the 17th annual Stockholm International Film Festival this weekend. "Sherrybaby," directed by Laurie Collyer, was named best picture. The film follows a young woman recently released from prison who tries to reconnect with her young daughter while confronting her old life and drug abuse. (AP)



SEXYTIME

Is Borat to Blame?

PAMELA ANDERSON and Kid Rock each filed divorce papers Monday seeking to end their marriage of less than four months. Anderson and Rock each cited "irreconcilable differences" in their divorce filings in Los Angeles County Superior Court. "Yes, it's true," Anderson wrote in a brief statement on her Web site. "Unfortunately impossible." (AP)



"Thank God it wasn't particle board."

DEFEAT

He Can Conquer Water, Air, Earth, Fire. But Not Plywood

DAVID BLAINE managed to pull off his latest stunt, but the death-defying performer lacked grace as he plunged down 30 feet and crashed through a plywood stage, E! Online reported. He spun in a wheel above Times Square without food or water for 52 hours before jumping down at 2:15 p.m. on Thursday. (EXPRESS)

NOT FUN

'Let's Go to the Bruce Lee Conference Center! Yeah!'

A theme park with a statue and memorial hall will be built at **BRUCE LEE**'s southern Chinese ancestral home of Shunde, Wong Yiu-keung, chairman of the Bruce Lee Club, said. The park will also contain a martial arts academy and conference center. Wong couldn't confirm details of a report Monday in the Apple Daily newspaper that said the park was budgeted at \$25.5 million and was expected to be done in three years. (AP)



CARINE'S

BRIDAL ATELIER

presents

THE PLATINUM COLLECTION TRUNK SHOW

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LOOKout

Home Remodel

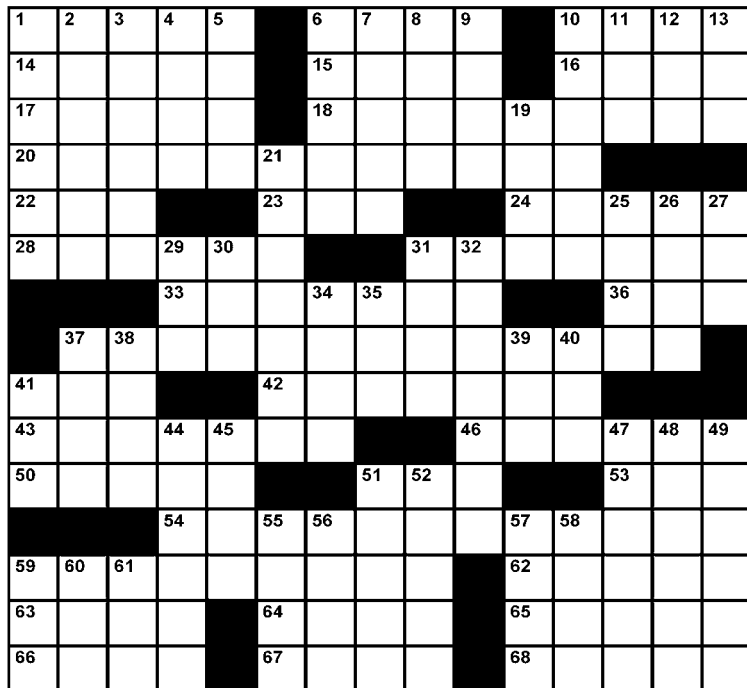
ACROSS

1 Imitated a sheep
6 Be overly sweet
10 Call companion
14 Accustom to hardship (Var.)
15 Prefix with bond or dollar
16 Shower gel ingredient, perhaps
17 Beaming
18 Summer hummer
20 Corporate barrier of a sort
22 Hilo souvenir
23 Trip instigator
24 Ring-tailed animal
28 Executorial concern
31 Biting
33 Pain in the back
36 Culbertson of contract bridge
37 Symbol of the Cold War
41 Roundup sound
42 Subtleties
43 Claptrap
46 Home of Ulysses
50 Emotionally detached
51 Photo _____ (media events)
53 X-ray supplement
54 Address, as with a speech
59 One of The Three Tenors
62 Like a ball
63 Totally wreck
64 Scott Turow novel

65 Daisy Mae's man
66 Passable
67 They are between birdies and bogeys
68 Hotsy-____

DOWN

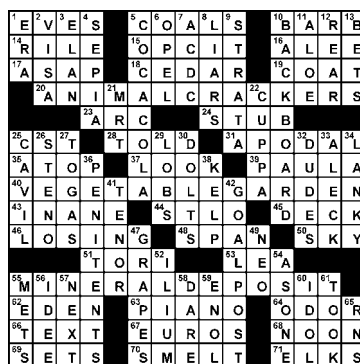
1 Long-eared pooch
2 Corner measurements
3 Like some coffee orders
4 Love god of myth
5 Morning moistures
6 Yields, as territory
7 Savage
8 Viva voce
9 He's smarter than the average bear
10 Maine metropolis
11 Diminutive creature of folklore
12 Army VIP
13 Sardine can attachment
19 It's enough, it's said
21 Twain, really
25 Member of the first family
26 Place for cash
27 Hardly gregarious
29 Steak go-with
30 Where some get soaked



31 Opposed to, to Gomer Pyle
32 Like the words of a man of few words
34 Very dry, as champagne
35 In the style of
37 Wrench or adz, e.g.
38 Sapiens lead-in
39 Allowing alcohol
40 Type of tray
41 Postgrad deg.
44 Asa Gray's science

45 Way, way off
47 Sum total
48 Witchy women
49 Hang out on the line, e.g.
51 Frisky swimmer
52 Collins and Donahue
55 Former U.S. surgeon general
56 European erupter
57 College club, briefly
58 Western wolf
59 ____ forma
60 Shorebird
61 By

Yesterday's Solution



Su|do|ku

Degree of Difficulty: MEDIUM

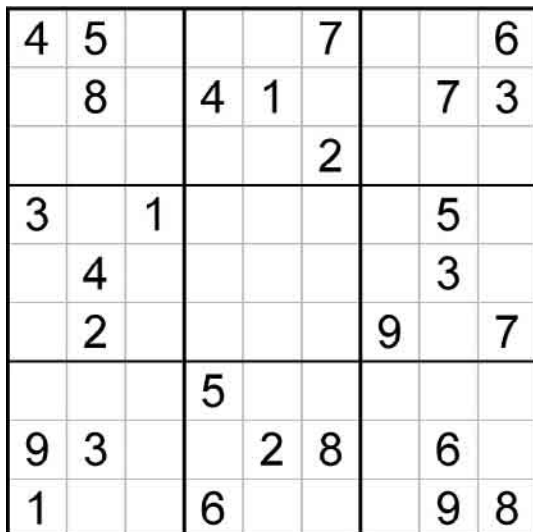
Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. For solution, tips and computer program, see www.sudoku.com

Yesterday's Solution



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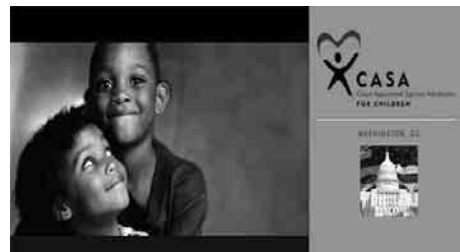
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NUTRITION

Diet Downfalls



Five rules to live by from nutritionists — what to eat and avoid | **E7**

WELLNESS

Protect Yourself



How to treat the wounds of true love, from rug burn to soreness to hickeys | **E6**

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FREE BURN

Pump iron with pulleys to target more muscles in less time | **E4**

NIGHT RUNNERS

Don shiny gear to be seen (and safe) | **E5**

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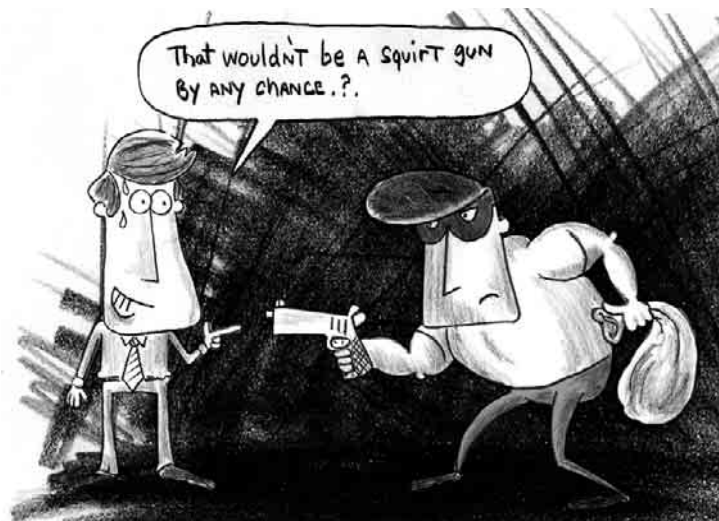
GOT ISSUES? DR. ANDREA BONIOR WILL HELP YOU SORT THEM OUT



Humor: Healthy or Hurtful After Trauma?

Q My boyfriend was the victim of a crime a few weeks ago. He wasn't injured, but his wallet was taken under the threat of violence. He's always been a happy-go-lucky guy, and claims this did not affect him much; in fact, he's even added funny lines as he tells the story to people. This bothers me severely, in part because my own sister was mugged at gunpoint years ago and I don't think it's a laughing matter. But I'm also afraid he's burying some of the shock of what happened. I know I should let him go at his own pace, but I also want to make sure he talks about it if he needs to.

—WORRIED GIRLFRIEND



ERIC REECE

you hear the one about Don Johnson and the can of mackerel?

Seriously, humor can often be a healthy coping mechanism. But you are right to be concerned when it seems to replace the expression of more genuine, emotional wallop-packing reactions to a traumatic situation — shock, horror, anger, violation, shame, sadness, tension

and panic being just a few of the understandable ones in this case. But forcing him too aggressively and too early to talk could add to the same feeling of powerlessness that he's probably already dealing with. And it could make him feel like he's being punished for having been the victim or attacked for his good-natured personality.

Tell him how much you love his “Aren't muggings a hoot?” optimism, but that you're worried he's not giving himself the benefit of dealing with the “Now I have to throw up” feelings as well — feelings that you can imagine having yourself if you had been in his shoes. Then hold your breath, listen and be supportive. If he zips his lips and starts to exhibit signs that he's really burying something, like irritability, aggression, changes in eating or sleep patterns, or increased substance use, then it's even more pressing to urge him to sort through his feelings.

Q My wife of three years has suggested we go to couples counseling because she has some things she doesn't feel like she can talk about. This shocked me. I considered us pretty close and I'm concerned she'll bring up something I really don't want to hear, like that she's having an affair. We've definitely had our problems, but I thought we'd worked them out pretty well. And I've seen you recommend counseling for couples with big revelations to make.

—VERY NERVOUS IN VIRGINIA

Please don't panic. In almost all cases, choosing to see a therapist is a positive step toward improving one's life and health. (A situation in which someone just wants to pet a micro-fiber couch is one notable excep-

The fact that she wants you there to work on things could be a good sign.

tion.) I know it probably feels like a blow to the gut, but it's so much better than the alternative, which is your wife silently hurting, perhaps about something more about her than about you or your relationship. You just can't know until you hear her out. Take a deep breath, give her a hug and ask her who'll drive. The fact that she wants you there to work on things could certainly be seen as a good sign.

Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.

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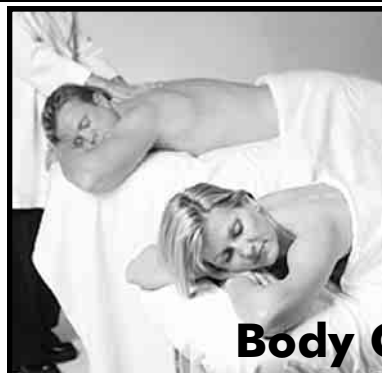
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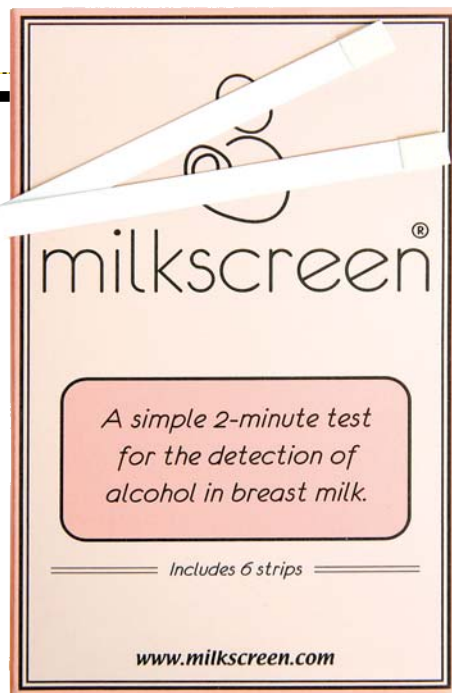
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The Breastalyzer

FOR THE SAKE OF ARGUMENT, let's say Britney Spears downs a couple Red Bulls with vodka when she and Paris Hilton club-hop, then wants to breast-feed Jayden James when she gets home. How can she be sure li'l J.J. doesn't wake up with a hangover, when around 2 percent of mommy's booze will end up in her milk? She can put a little leche on a MilkScreen test strip (\$19 for box of six, drugstore.com), wait two minutes, and see if it changes color. Without a nursing mom on hand, we tested the strips with a cup of cow's milk. A tea-spoon turned the indicator black; a teeny droplet tinted the edges blue. Jayden will thank you.

Exercise To the Rescue!

WHEN EVILDOERS like Col Esterol and Kortizol team up, the body they inhabit is in trouble. So thank goodness for "Body

Mechanics: Superheroes of the Human Body" (\$25, bodymechanics.tv). The animated adventure (plus DVD game) follows their attempt to escape Obeez City by traveling through the body learning about how inactivity and bad eating will get you. It's cheesy but informative.



NEW
IN HEALTH
warm
ups

Get Too Hot To Handle

INSTEAD OF TESTING THE MESSAGE chairs at The Sharper Image while doing your holiday shopping, try hopping on the Love Handler (\$250). The machine, developed by celeb trainer Dan Isaacson, lets you swivel your hips, arms or both by working your abs and obliques. It's fairly intuitive to use and even in a few minutes you'll feel the burn in your sides. But would it get boring quickly? We think yes. Also, when twisting your body at the store, don't forget that your booty is prominently displayed for shoppers behind you.



Protein Power

WE WERE TERRIFIED that Special K Protein Water (\$6 for four) would taste chalky or, even worse, meaty. Protein just doesn't belong in water. The 50-calorie drinks somehow pack in 5 grams of the stuff, yet they taste like any other sucralose-sweetened, flavored water. Use it to wash down the brand's new meal bars (190 calories, \$6 for six) and snack bars (110 calories, \$4 for six), which taste more like dessert and less like dust than most nutrition bars.

PRODUCTS

GuineaPig



Like Facials For Chocolate

With chocolate comes anxiety. Radiance MedSpa's Chocolate Mint Facial (\$135, 8201 Wisconsin Ave, Bethesda; 301-652-4772; radiancemd.com) negates this woe, since you're not putting any chocolate in your stomach — just all over your face.

First is the mental anguish: A computer counts and analyzes every pore, freckle and line. After a willow-bark lotion and cucumber scrub (different skin types get different products) comes a face and neck massage with lavender and jojoba essential oils. Then it's sweetness time as you're slathered in a mixture of two masks (apricot-honey-menthol and chocolate). The application feels like being plunged headfirst into a pan of brownies. In a good way. Though your face is cleansed of all oils and creams, your neck and shoulders aren't, so you'll feel a little greasy. The masks also leave the face just the tiniest bit dry, but they do firm your skin and leave you relaxed and wide awake. **FIONA ZUBLIN (EXPRESS)**

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Bone Building

Q I am a 52-year-old woman in the early stages of osteoporosis in my lumbar spine and hips. I've read that weight training can strengthen my bones. Can you recommend a basic plan?

IF YOU'RE A NOVICE when it comes to resistance training, it's best to begin with isolation exercises designed to place a load on the bones that have lost density. Such exercises include the shoulder press and the squat, done with a barbell at the gym.

If you think of yourself as a pillar, the shoulder press puts weight on your entire body. A front squat, which involves holding the bar on your shoulders and under your chin, is also one of the best exercises for this program. Start with two sets of 12 repetitions per exercise at 70 percent of your one-repetition maximum weight. (In other words, if you can lift 10 pounds once, do 12 reps with 7 pounds) After a few weeks, you should increase the weight 5 percent and decrease to 10 reps. Begin to add some free-weight dumbbell and barbell exercises after four weeks. After eight, increase the weight another 5 percent and decrease to eight reps. Be sure to move the weights slowly. Even if this doesn't increase your bone matrix, weight training should prevent further loss.

Matthew Blair Davis, MS, CSCS, PES, is an award-winning personal trainer and president of Functional Revolution Fitness (functionalrevolution.com), which provides private personal training. E-mail him at matt@functionalrevolution.com.

VITALSTATS

68

PERCENT OF PEOPLE SURVEYED BY BRAUN RESEARCH WHO FEEL EMBARRASSED WHEN THEY HAVE TO COUGH BECAUSE OF GERMS.



LIFTOFF: Mint's Lance Breger observes as fellow trainer Christy Dostal works her arms on the FreeMotion Dual Cable Cross.

Free to Be Buff

FreeMotion machines allow just about any move

Circuit training usually doesn't require much explanation. You get on each machine, do its exercise and move on.

But Lance Breger's circuit-training class at Mint Fitness looks a lot different, starting with the machines themselves — slender cable-and-pulley contraptions rather than the usual padded hulks. At a recent session, one student balanced her back on a Swiss ball and thrust weights upward, while another chose between three different chest exercises and a third

lunged and rotated into a trunk twist. Sound impossible to do on a circuit? Not with FreeMotion.

The cable-based machines, which debuted in 1999, combine the freedom of dumbbells, which can be swung every which way, with the control of traditional weight machines, which often confine users to a few specific movements. Their rise in popularity parallels that of functional training, an exercise rubric that emphasizes real-world movements, like lifting a child or kicking a soccer ball.

Although some FreeMotion

devices target certain muscle groups, like the quadriceps, all can perform multiple exercises. By altering grip or stance, or by adding a prop, like a stability ball, users can target other muscles. "Even when you're working your shoulders, you're working your core. It's one-stop shopping," said Nikki DuBois, who completes Mint's circuit at least twice a week. (Another pro: Old-school equipment can't accommodate the very small, very large or handicapped. These machines can.)

A standard quads machine, by contrast, lets you do only one thing:

Straighten the legs to lift a weighted bar. "How functional is that — sitting in a chair and lifting 90 pounds?" said Breger, Mint's head trainer. "Maybe it's good training for kicking someone under the table."

Since the FreeMotion equipment targets lots of muscles simultaneously, a user's heart rate goes up fast, said Breger, bringing a cardio component to strength training. That's why, when Mint opened in February, the gym prominently arranged its eight units in a circle to encourage full-body workouts. FreeMotion liked what Mint (and a few other gyms) had done and, two months ago, the company launched a program to push similar workouts.

Right now, though, most gyms (including Results and Gold's) offer just the Dual Cable Cross, FreeMotion's most popular apparatus. It's become a fave of scratch golfer Steve Stroud's at Vida Fitness. Neither cardio nor practice helped him maintain posture through his swings, and he feared heavy lifting would limit his flexibility.

So trainer Rachel Morrison got him doing the "wood chop" on the Cable Cross: Squat with arms to one side, then come up to a full stand, twisting around over the other shoulder. He's using quads, hamstrings, gluts, abs and his back, said Morrison — all the muscles in a swing, with extra resistance a golf club can't give.

Stroud noticed a difference within six weeks. "Everyone says, 'Hit more golf balls,' but it's really a strength and flexibility issue," he said. "I feel stronger, without having to do the hardcore strength training a linebacker would do."

Not that a linebacker couldn't benefit from a few FreeMotion circuits himself. MELANIE D.G. KAPLAN

Punch Up Crunch Form

Target the core by properly performing Swiss-ball crunches

The Swiss-ball crunch is the key to core woes. It works the rectus abdominis (or six-pack muscles), the transverse abdominis and also calls on muscles that stabilize the hips and lower back.

Problem is, many folks position themselves incorrectly. Here's how to fix that. Be sure to pull

your belly button in toward your spine and hold it there throughout the move.

1. Sit on the ball with your feet flat on the floor. Walk your feet forward as you lie back on the ball. Stop when the ball is under your hips, lower back and middle back, with your knees bent 90 degrees.



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2. Your lower back should feel like it's curved around the ball. Keep your head in line with your upper body. Place your hands behind your ears and draw in your abs.

3. Raise your chest up and slightly forward in a crunching motion. Do not pull on your neck. You've reached the end of your range of motion when the middle of your back loses contact with the ball. Pause, then slowly return to the ball. (REPRINTED WITH PERMISSION FROM MEN'S HEALTH MAGAZINE © RODALE INC.)

Your Dark Victory

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HIT YOUR STRIDE with the weensy Black Diamond Ion Headlamp, which needs only one 6-volt battery (included) to kindle its two super-bright LEDs. And the light-as-a-feather adjustable strap fits over hats, helmets, even enormous egos. (\$20, backcountry.com)

SAFETY'S FIRST in Asics' his and hers reflective jackets. Named the Tokyo (pictured) and Kyoto, respectively, the poly-microfiber zip-ups come in black or black. Despite the limited color choices, it's a hot look for a cool workout. (\$120, asicsamerica.com)

CHARGE IT! The Falcon (LE) Bicycle Helmet boasts a rechargeable battery that keeps it glowing for up to 15 hours. And with ultra-bright LEDs that shine white in the front and red in back, it's clear whether you're coming or going. (\$70, ihtechology.com) LYNN THORNE

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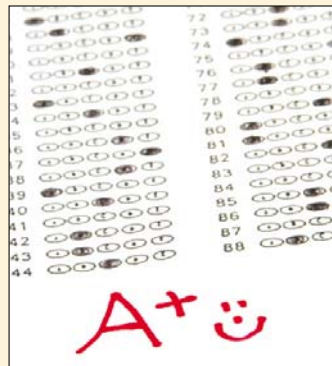
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| STUDIES

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Getting Testy

Sharpen your No. 2 pencils, kiddies. Tests may get even more popular with your teachers now that researchers at Washington University have discovered that students who were tested on material have superior long-term recall compared with students who never faced a quiz after their lessons. The study, which appears in the November issue of the *Journal of Experimental Psychology*, notes that the tested kids also had a better grasp of concepts they weren't tested on.

Fat Chance

Hauling some extra junk in the trunk can be good or bad. Bad in that it'll shorten your life span, but good in that you might look more authentic in a Santa suit. Or, as researchers reported in the October issue of *Urology*, bad in that obesity doubles the risk of kidney cancer, but good in that obese and overweight patients with kidney cancer have less aggressive tumors and a better chance of survival.

Eat and Be Merry

The Thanksgiving dinner that sent you straight to the sofa for a nap may have perked up your mood for the rest of your family festivities. According to Australian researchers in the journal *Nutrition and Dietetics*, certain foods increase absorption of chemical messengers in the brain, thus making you cheerier. In addition to turkey with its tryptophan, which the body converts to serotonin, they pointed to omega-3 fatty acids happiness boosters. Research is still needed for other possible diet-based depression fighters.

Love Can Reeaaaaally Hurt

Your handy guide to getting it on without permanent injuries

Another reason to love orgasms: They mask pain, thanks to the endorphin flood. The rub? While in the throes, you might not notice a sensation that would normally hurt. Learn from our not-so-fun nooky accidents and get off without getting wounded.

Ouch #1 Bruise

Overly enthusiastic love-making can result in unwelcome bruises or the dreaded hickey.

RX: A bruise usually lasts a couple of weeks, but decreasing blood flow to the area will limit its size. Ice it for 20 to 30 minutes three times a day for the first 2 days and wrap it with a bandage.

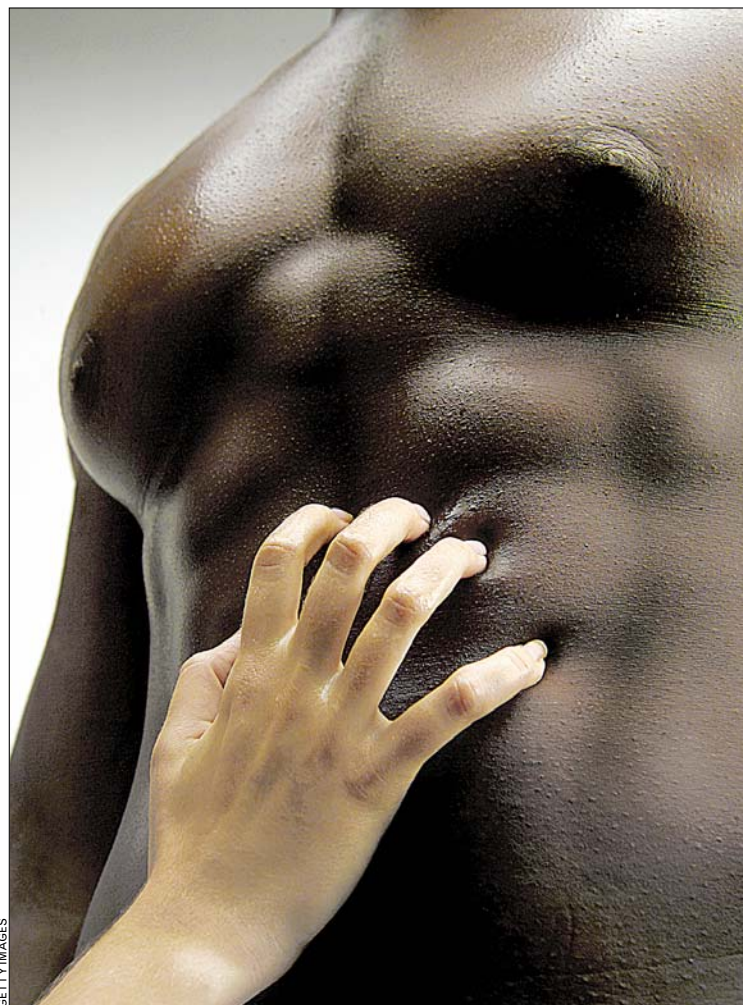
NEXT TIME: There's no preventing the odd boo-boo in the sack. But if your slender beau's pelvic bone juts into you, place a folded fleece scarf at the point of impact. And if he attacks your neck like a vampire, break out the garlic and run.

Ouch #2 Muscle Soreness

You contorted Ringling Bros.-style last night, and today you feel like you scaled Mount Rushmore.

RX: Rest and stretch. To ease any soreness still lingering 24 to 36 hours later, apply heat for 20 to 30 minutes, two or three times a day. But if you're too lame to even consider bedroom gymnastics after 24 hours, see a doctor to rule out a torn muscle.

NEXT TIME: Stay limber with the frog pose, a full-body yoga move, four times a week. Squat, bending your knees out to the sides at 90-degree



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angles and rest your forearms on the floor. Gently press your butt down. Hold for 30 to 60 seconds.

Ouch #3 Rug Burn

Carpets aren't the only offenders. Wood floors, sheets and even the backseat of your Jetta can rub skin

the wrong way.

RX: Clean the wound with soap and warm water, air-dry and apply an antibiotic ointment such as Neosporin. Cover with a nonstick bandage to keep the spot clean. Change it daily, removing it once a scab forms.

NEXT TIME: Switch to high-thread

count sheets. Or toss a cushy blanket over any surface you tumble on. Avoid scratchy wool.

Ouch #4 Vaginal Irritation

It happens when (a) you aren't lubricated enough, (b) you have a bad reaction to a lube or (c) he didn't wash his hands after slicing a chili pepper (true story — yikes).

RX: Thanks to its cell-shedding process and natural cleansing acids,

If he attacks your neck like a vampire, break out the garlic and run from hickeys.

your vagina is self-healing. Avoid inserting anything (including his penis, tampons or vibrators) for 48 hours — the time it takes to mend. Soothe discomfort with a warm bath (no soap) twice a day.

NEXT TIME: Demand generous foreplay: It takes anywhere from 30 seconds to several minutes once you're aroused before you naturally lubricate. Test a new lube on your inner labia and wait a few hours for a reaction before a full-on slather. And, if jalapenos are involved, vigorous hand-washing with a washcloth and warm, soapy water is in order.

Ouch #5 Wounded Willie

If an enthusiastic thrust misses its mark and hits your pubic bone instead, he could tear his tunica albuginea (erectile tissue). You'll hear a pop — followed by an unprintable verbal outburst.

RX: Get him to the ER, pronto. He'll need a surgical procedure to repair the tear and prevent scar tissue, says Drogo K. Montague, M.D., head of genitourthral reconstruction at the Cleveland Clinic Foundation. Luckily, a broken penis is rare, but younger guys, take note: Harder erections are more likely to snap.

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hypochondriac

WHAT YOU COULD HAVE BUT PROBABLY DON'T

Do you have a headache? Are you a young woman? Are you having trouble hearing or seeing, or have you suddenly been stricken deaf? You may have **SUSAC SYNDROME**, an extremely rare illness sparked by damage to tiny arteries in the brain, retina and cochlea (part of the inner ear). What causes that damage, though, is unknown. Susac syndrome is hard to diagnose, and is often mistaken for multiple sclerosis. And doctors don't agree on how to treat it — patients might get steroids, lie in a pressurized chamber and breathe pure oxygen, or take drugs to suppress the immune system. It tends to improve spontaneously, however, as mysteriously as it appeared.

SOURCE: RAREDISEASES.ORG, PUBMED. NOT A SUBSTITUTE FOR PROFESSIONAL MEDICAL CARE.

THE EXPERTS
ChewOnThis



December Diet

Q Any tips on preventing weight gain over the holidays?

FIRST, YOU'LL BE HAPPY to know it's a myth that Americans pack on the pounds over the holidays; the average weight gain is just 1 pound. But here's the bad news—holiday weight seems to stay with you, so over the course of 10 years, you're likely to put on as many as 10 pounds!

Stick to what you know — fill up on raw fruits and vegetables and lean proteins — shrimp cocktail anyone? And limit alcohol consumption, since it tends to cloud judgment when it comes to healthy eating.

So as not to totally deprive ourselves during these festive times, make a conscious effort to balance extra food calories with extra activity. Add some time to your cardio routine at the gym, squeeze in a power walk during your lunch hour, or wake up 15 minutes early for a couple of sets of push-ups and sit-ups.

Kristen Ciuba, MS, is the nutritionist at Results the Gym, in Washington, D.C. She also implements corporate nutrition programs for local companies. E-mail her at nutrition@readexpress.com

Put Down the Cookie

And read up on the daily diet mistakes you're probably making

Ever get the guilty feeling that you're being watched as you toss the double-fudge brownie mix into your grocery cart? Well, you are!

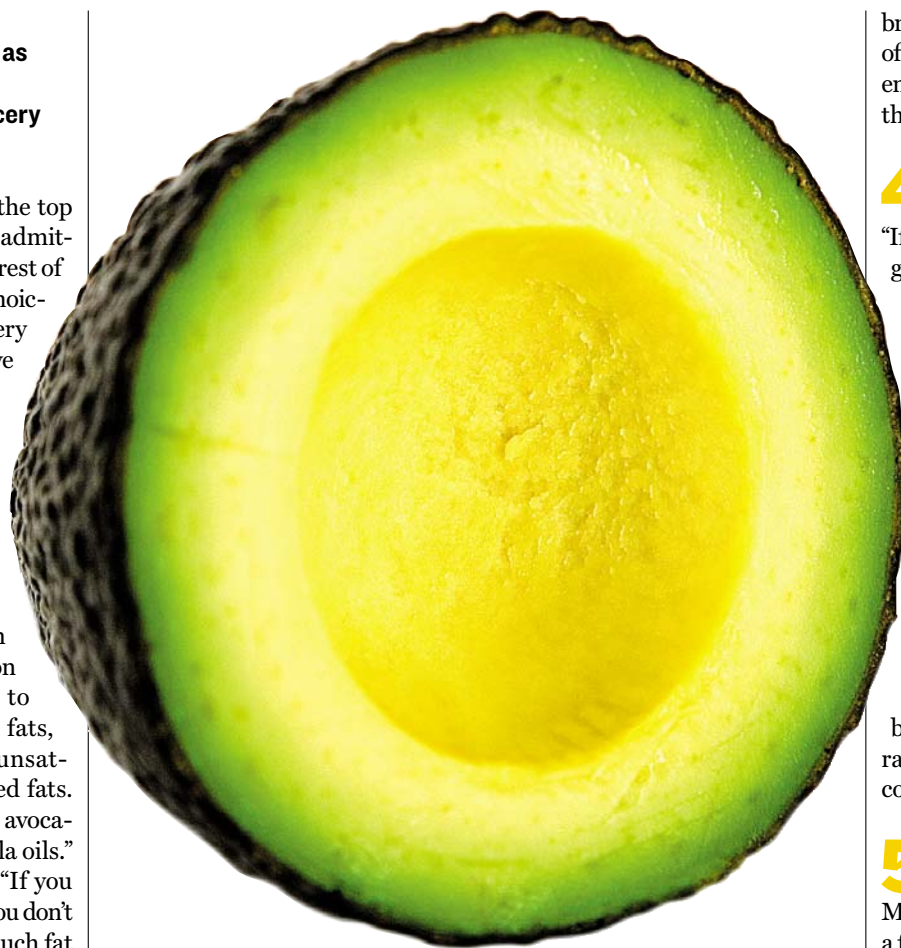
We checked with some of the top U.S. nutrition experts, who admitted they secretly spy on the rest of us as we make real-world choices in restaurants and grocery stores. Here are their top five gripes.

1 We can't tell the good fats from the bad ones:

"Most people still don't get that some fats are actually good for you," said Alice Lichtenstein, DSc, an American Heart Association spokeswoman. "You want to avoid saturated and trans fats, but you need more monounsaturated and polyunsaturated fats. Good sources are fish, nuts, avocados, and soybean and canola oils." **SMARTER:** Fit in good fats. "If you keep track of total calories, you don't have to worry about how much fat you eat, just what kind," explained Lichtenstein. Grandpa Po's Slightly Spicy Nutra Nuts use only canola oil (160 cal, 10 g fat, 1 g sat. fat, 2 g fiber, 60 mg sodium); at healthy food supermarkets.

2 We supersize to save money.

"People think that supersizing a restaurant meal is a money saver, but it's not a health bargain if it has way too many calories," said Karen Weber Cullen, DPH, RD, research



nutritionist at Baylor College of Medicine in Houston.

SMARTER: Judge with your palm, not your purse. A serving size is about what fits into the palm of your hand (larger for men than women, smaller for children). For most meals, pick one protein, one starch, one veggie, and one fruit based on the serving that will fit into your palm.

3 We think anything liquid has no calories.

"What freaks me out is the amount of sugared soda and juice we drink," said Judith Stern, ScD, RD, professor of nutrition and internal medicine at the University of California, Davis. "I'd like to see all the sugared drinks sent out into space, where they could orbit the Earth forever." Sugared drinks balloon your calorie intake and squeeze out more nutritious foods.

SMARTER: Try a cup of tea. Available in myriad varieties, the calorie-free

brew promotes heart health, staves off several types of cancer, strengthens bones and teeth, and protects the skin.

4 We don't know how "hungry" really feels.

"If you don't know when you're hungry, you don't know when you're full, so you won't know when to stop eating," said Elisabetta Politi, RD, nutrition manager of the Duke University Diet & Fitness Center in Durham, N.C.

SMARTER: Tune in with mindful eating. Here's how.

1) Before you eat, relax and rate your hunger from 1 (hungeriest) to 7 (fullest).

2) Eat slowly, pausing to rate how your hunger changes.

3) When finished, rate yourself one more time. Try to stay between 2 1/2 and 5 1/2: not too ravenous when you start and not completely full when you stop.

5 We're addicted to microwaves.

Many people come home and pop a frozen entrée into the microwave. "Eating too many heavily processed foods can leave you short on fiber and antioxidants such as vitamin C," explained Jo Ann Hattner, RD, clinical dietitian at Stanford University Medical Center.

SMARTER: Complement a frozen entrée with a green salad, a 100 percent whole-wheat roll and fruit for dessert. And be sure to stock up on the freshest fruit for maximum flavor. HOLLY MCCORD, RD, WITH GLORIA MCVEIGH (REPRINTED WITH PERMISSION FROM PREVENTION © RODALE INC.)

Sweet Nothings for Noshing

■ Mocha Meringues, makes 84

INGREDIENTS: 2 teaspoons vanilla extract; 1 1/4 teaspoons instant espresso powder; 4 egg whites at room temperature; 1/4 teaspoon cream of tartar; 1/4 teaspoon salt; 1 cup sugar; 2 tablespoons unsweetened cocoa powder.

GETTING STARTED: Preheat oven to 250 F. Line two baking sheets with parchment paper. In a small bowl, combine the vanilla and espresso powder, then set aside. In the bowl of a stand mixer, combine the egg whites, cream of tartar and salt. Beat on medium until frothy. Increase speed to medium-high and add the sugar in a slow stream. When the egg whites hold stiff peaks, add the vanilla/



espresso mix. Then decrease speed to low and mix in cocoa. Transfer to a pastry bag with a 1/2-inch opening. On baking sheets, pipe mounds 1 inch in diameter and 1 1/2 inches apart. Bake for 30 minutes, then switch oven shelves. Bake another 25 minutes. Allow to dry in oven for one hour. (AP)

PER 2: 21 calories, 0 g protein, 5 g carbs, 0 g fat, 0 mg cholesterol, 19 mg sodium, 0 g fiber

VITALSTATS

20

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